

ISPAD Allan Drash Clinical Fellowship Report

Recipient: Erdal Kurnaz, MD, Türkiye

Host Center: University of Colorado, Barbara Davis Center

Mentors: Dr. G. Todd Alonso

Duration: 6 weeks (from July 17th, 2023 to August 25th, 2023).

Introduction:

My home institution, the Etlik City Hospital Department of Pediatric Endocrinology, Ankara, Türkiye, is a referral center in the central part of the country. The hospital serves many patients in Ankara, the nation's capital and second largest city, and also accepts patients from other regions of the country. We see hundreds of children and adolescents with diabetes and endocrinological disorders.

My main goals for the program at the Barbara Davis Center were to expand my knowledge concerning setting up and running a multidisciplinary diabetes team, to see the most up-to-date approaches in diabetes management, to improve my skills in using new technologies, and to acquire deeper insights into diabetes research.

I am delighted to report that I feel that these aims have been completely fulfilled. The team members working at the center welcomed me warmly and were of great assistance with any questions or problems I had.

Activities:

I am delighted to have spent the six weeks of my Allan Drash Fellowship at the Barbara Davis Center. I was able to participate in many routine diabetes visits at the outpatient clinic with different physicians and nurse practitioners. I also had the opportunity to observe the features of various pumps and sensors not used in my own department.

I participated in various pump and sensor training sessions, which gave me the chance to learn about the technical features of these devices, as well as their uses. I also had the opportunity to take a closer look at the website (<https://www.pantherprogram.org/>)

created by the Barbara Davis Center. This site describes GCM and pump operating principles and solutions to possible problems. I think this site will be a useful guide to anyone who really wants to learn about diabetes technology.

I joined in the training provided by physicians, nurses, dietitians, and social workers for individuals with newly diagnosed diabetes and learned about the approaches adopted by them. I would say that the approaches to those patients are quite similar between our institutions, and the first conversations with families are almost identical.

I was able to observe Teplizumab infusion for delaying type 1 diabetes in the early stages, which is not yet available in Türkiye. In addition to the pediatric department, I also had the opportunity to spend time in the eye diseases and adult clinics. I observed the ophthalmologist's approach to diabetic retinopathy and the management of adult type 1 diabetes. I also visited some lifestyle medicine clinics at the Colorado Children Hospital, and was thus able to observe the approach to type 2 diabetes in children. I also participated in the insulin clamp study.

On the last day of the training period there, I gave a presentation about my observations at the Barbara Davis Center. I introduced the center where I work to the audience, and we discussed what I had learned during my stay there and how it will benefit my clinical approach.

Acknowledgment:

I am most grateful and indebted to ISPAD for giving me this amazing fellowship opportunity. This experience was life-changing and enhanced my passion for diabetes care and endocrinology. I can't thank ISPAD enough for this great experience, which enriched my knowledge and experience in diabetes management. I would also like to extend my gratitude to the amazing staff at the Barbara Davis Center and Colorado Children Hospital, from the nurses to the physicians, the nutritionists, and the social workers, who all helped me learn so much and made my time there so extremely valuable. I am particularly grateful to my great supervisor, Dr. G. Todd Alonso, who did a wonderful job organizing my fellowship.

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