

ISPAD Allan Drash Clinical Fellowship Report

Recipient: Elif Eviz, MD, Turkey

Host Center: University of Colorado, Barbara Davis Center

Mentors: G. Todd Alonso

Duration: 6 weeks (May 28th to July 12th), 2023

Introduction:

The hospital where I work, Koç University Faculty of Medicine, Department of Pediatric Endocrinology and Diabetes, follows about 1700 individuals with type 1 diabetes and is one of the reference diabetes centers in Turkey. It is the center where diabetes technologies are used most intensively in the country and children with diabetes from all over the country apply to the center. Although sensors and pumps are not reimbursed in Turkey, 60% of the children who are followed up at the center use sensors, and 25% use pumps. In addition, it aims to improve the knowledge about diabetes all over Turkey and thus improve diabetes care through numerous online trainings and camps.

As a person working in a center that is closely involved in diabetes in this way, I had the opportunity to observe how diabetes care and research are carried out, in which direction technological advances are progressing, at the Barbara Davis Center, one of the advanced diabetes centers. The team members working at the center welcomed me warmly and helped me with almost every question and problem I had.

Activities:

During my 6 weeks at the Barbara Davis Center, I had the opportunity to participate in many routine diabetes visits at the outpatient clinic with different doctors and nurse practitioners. During these visits, I had the chance to observe the features of various pumps and sensors not used in our country, downloaded reports of these technological devices, and how diabetes management is organized considering these reports. Besides this, their therapeutic approach to

people with diabetes made me feel like I was in a psychotherapy session on each visit. I thought this would be very useful for my daily practice approach.

I participated in various pump and sensor trainings both online and face-to-face, which gave me the chance to learn about the technical features of these devices as well as their use. In addition, I participated in the fellow trainings held online every week at the center. I attended the first training of doctors, nurses, dietitians, and social workers for individuals with diabetes and had the opportunity to observe their team approach. I realized that our approaches to a newly diagnosed are very similar and the first conversation with families is almost the same.

Although there are many ongoing studies at the center, the study I had the opportunity to observe face-to-face was the Tzield infusion. In addition to the Tzield infusion, I also learned about the other drug studies to prevent type 1 diabetes in the early stages.

In addition to the pediatric department, I had the opportunity to spend time with Dr. Brian Bucca in the eye clinic, and Dr. Kaan Aktürk and Dr. Viral Shahl in the adult clinic. I observed the approach to diabetic retinopathy by an ophthalmologist and the management of adult type 1 diabetes.

I was lucky that I had the opportunity to see a diabetes camp during my fellowship. I observed the differences between the camps in Turkey and at the Barbara Davis Center. In the last week of my training period there, I made a presentation about my observations at the Barbara Davis Center, I introduced the center where I work to them, and we had the opportunity to talk about what I learned during my stay there and how it helped my clinical approach.

At the end of my fellowship period, I had the chance to attend the ATDC conference organized by the Barbara Davis Center under the leadership of Dr. Satish Garg. It was a very comprehensive conference with expert speakers in their fields, addressed type 1 diabetes in all aspects, and had practical approaches to daily problems.

Acknowledgment:

I would like to thank ISPAD for giving me this amazing fellowship opportunity. It is a privilege and will always be a source of honor for me. I would like to thank my mentor, Assoc. Prof. Dr. G. Todd Alonso, Prof. Dr. Andrea Steck, Assoc. Prof. Dr. Brigitte Frohnert and Prof. Dr. Paul

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