

## 2022 Allan Drash Fellowship Awardee

**Name of fellow:** Sara MohammedAhmed Gafar Ali

**Date:** May–July 2023

**Host Center:** Children's Hospital of Philadelphia, US

**Fellowship supervisor:** Dr. Bryan Marks.

### **Report:**

I was delighted to have spent the six weeks of my Allan Drash Fellowship at the Children's Hospital of Philadelphia during summer 2023. This experience was life-changing and enhanced my passion for diabetes care and endocrinology. I cannot thank ISPAD enough for this greater experience, which enriched my knowledge and experience in diabetes management. I also want to extend my gratitude to the amazing staff at the pediatric endocrinology department at CHOP, from the nurses to the physicians, the nutritionists, and the social workers, who have helped me learn so much and made my time there extremely valuable, especially my great supervisor, Dr. Brynn Marks, who did a great job organizing my trip and helped me inside and outside the hospital.

### **Summary of activities:**

#### **A. Diabetes Outpatient Clinic with a pediatric endocrinologist and nurse practitioners:**

I was lucky to attend daily diabetes clinics with different pediatric endocrinologists and nurse practitioners, where I learned how to follow diabetes patients on diabetes technology, how they download the CGM readings, and how to adjust pump settings to achieve optimal diabetes control and make life easier for children and adolescents with diabetes.

#### **B. Outpatient Clinic with Diabetes Educators:**

I learned how to start patients on different types of CGM, how they educated patients about different types of insulin pumps, how they helped patients choose the appropriate type of pump according to their lifestyle, and how to start patients on insulin pumps.

**C. Inpatient rounds:**

I was fortunate to attend several rounds in diabetes wards and to see patients with new T1DM and patients with different causes of hyperinsulinism and how they are managed in the US, which is so different from what we do in Sudan.

**D. Inpatient education:**

I also attended a few sessions of nutritional and diabetes education for new T1DM patients.

**E. Endocrine Outpatient Clinic with Pediatric Endocrinologist:** I also attended some endocrine clinics and saw patients with different thyroid, DSD, and bone disorders.

**F. Weekly educational sessions for the fellows:** I also attended weekly educational presentations with the endocrine team and the fellows, which I enjoyed so much.

Unfortunately, because of the war in my country Sudan I couldn't go back; I am still in Saudi Arabia. But me and all our endocrine team at Sudan Childhood Diabetes Center are trying to help our patients as much as we can by providing diabetes and endocrine clinics in relatively safe areas in Sudan and by using telemedicine in areas with good internet connections. But as soon as the war stops and the fellowship program continues, I will pass on my knowledge gained from my US experience to my colleague and our fellows.