

2020 ISPAD “Allan Drash” Fellowship Report

Recipient: Nouran Yousef salah, MD. Ain Shams University, Egypt.

Host center: Diabetes and Endocrinology Division in Boston Children's

Hospital (BCH), MA, USA

Mentor: Prof. Joseph Wolfsdorf

Duration: 4th - 31st December 2022

My fellowship in the diabetes and endocrinology division, BCH was a great experience. During my fellowship, I have got a deep insight into the comprehensive care of diabetes including the medical care, patient education, nutritional management and psychological support. In addition, I gained detailed experience of different pumps training methods and their approach to manage blood glucose. The Diabetes Program at BCH is part of the Division of Endocrinology providing comprehensive and coordinated care through both hospital settings and ambulatory setting. Diabetes Program at BCH is a perfect example of a multidisciplinary care including physicians, diabetes nurse educators, dietitians, social workers, and psychologist. On the first day, I met Dr. Ari Wassner, the director of the observership program, who explained comprehensively my timeline and schedule during my stay at BCH. He also supported me during my whole observership period. He introduced me to Prof. Wolfsdorf and Dr. Kate Garvey, the director of type 1 diabetes program, diabetes nurse educators and other attending physicians and fellows.

The weekly schedule included a daily morning inpatient clinical rounds, afternoon endocrinology clinics on Mondays, Tuesdays and Thursdays followed by 5PM post-clinic conference discussing challenging cases. Additionally, there was a bunch of scientific meetings including the Wednesday weekly medical grand rounds and endocrinology grand rounds, in addition to other educational meetings including weekly meeting of fundamentals of endocrinology and division conferences as well as a fellow's journal club.

I had the opportunity to do two weeks inpatient clinical rounds with Prof. Wolfsdorf. During these inpatient rounds, I gained both evidence-based as well as state-of-the-art experience regarding diagnosis, management of diabetic ketoacidosis, initiation and titration of insulin and principals of nutritional management as well as psychosocial issues.

During outpatient clinics, I had the opportunity to shadow attending physicians and fellows as well. Attending outpatient clinics was a great opportunity to explore the language of communication among patients, their parents and their diabetic team about living with diabetes. In general, the clinic started by downloading data from the glucose meters, CGMs and pumps and measuring HbA1C followed by interpretation of data and discussing the state of diabetic control with patients and their families, and accordingly tuning insulin and answering any inquiries.

I was lucky enough to shadow excellent diabetes nurse educators, dietitians and social workers. I attended a pump class educating patients about the difference between different types of pumps and the steps required before successfully starting a pump. I was exposed to different technologies including Omnipod, Tandem, looping and Dexcom.

Acknowledgments: I would like to express my greatest gratitude to the whole Endocrinology team at Boston Children Hospital for being incredibly cooperative, kind, caring and willing to help at all times. Special thanks to Prof. Joseph Wolfsdorf, Dr. Kate Garvey, Dr. Ari Wassner, Dr Mehta Sanjeev and Dr. Christine Cherella who were always ready to help and to the wonderful fellows Dr Zina McSweeney and Dr Dwight Chambers . Special acknowledgment to the wonderful diabetes nurse educators Marie Botte, Michelle Fitzgerald, Gretchen Waldman and Kristen Rice. Last but not least, thank you ISPAD for giving me this once in a lifetime opportunity.

Regards,

Nouran Y Salah, MD

Assistant Professor of Pediatric Diabetes, Ain-Shams University, Faculty of Medicine, Cairo- Egypt