

2022 ISPAD Allan Drash Report

Recipient : Ghaisani Fadiana, MD
Duration : June - August 2022
Host center : Riley Hospital for Children, IU Health, Indiana, United States
Supervisor : Linda DiMeglio, MD, PhD

1. Clinical observership

During the 8 weeks of the fellowship program, I had the opportunity to shadow attending consultants and work together with other fellows and residents both in outpatient clinics and inpatient wards. The activities varied from morning rounds, group discussions, fellow teaching sessions, lectures, journal readings, and education sessions from the multi-disciplinary team members (pediatric endocrinologists, nurse practitioners, educators, and fellows). During the activities, I noted significant differences from what we had in my country, in terms of the national health coverage system, core and shared competencies of diabetes management across different healthcare professionals, availability and access to diabetes technology, and involvement of the school in diabetes management.

There are many valuable experiences that I have learned during this clinical observership; such as the implementation of:

- Structured diabetes education for the newly-diagnosed patients in inpatient settings
- Diabetes technology introduction to those who receive multiple daily injections
- The transition of care from adolescents to adult diabetes team
- Ambulatory care and framework for children and adolescents with a multidisciplinary team
- Simple screening methods for addressing and recognizing diabetes distress
- Diabetes management in school

2. Research experience

At the beginning of my fellowship program, I was able to present my research project in a poster presentation session at the American Diabetes Association (ADA) 83rd Annual Scientific Meeting. The research project was about diabetes management during the COVID-19 pandemic, which was done earlier in my home country. This poster presentation was also possible because of my host supervisor's kind support and assistance even before the fellowship program started. During the ADA meeting, I also had the opportunity to attend many interesting scientific sessions and make new networks.

3. Patient and family-centered activities

In the middle of my clinical observership, I was encouraged to participate in more patient- and family-centered activities to be able to learn how diabetes is managed in daily life. I joined two activities that eventually enriched my perspectives on how diabetes affected patients and families; ADA Youth Diabetes Camp and the Friends for Life Children with Diabetes (CwD) Conference. There are important lessons that I have acquired during diabetes camp and participation in CwD conference, such as:

- Changes and adjustment settings in diabetes technology (different types/models of pumps and CGMs)
- The dynamics of the use of diabetes technology during sports and different types of activities
- Deeper insights about how diabetes affects patients and families, how they adjust their daily routines, and the psychosocial impact
- Different ways of teaching about diabetes and its management based on their age groups
- Family-physician communication and the role of patient support group/organization

Overall, through the ISPAD Allan Drash Fellowship, I had many opportunities to learn more about diabetes in children and adolescents from many aspects and perspectives, from clinical to research, and from patient-centered to community. It also was only possible because of the kind support and supervision from all consultants, fellows, and students in Riley Hospital IU Health, Indiana, who helped me throughout the program, especially my mentor, Dr. Linda DiMeglio.