

ISPAD Allan Drash Fellowship Report

Recipient: María Teresa Onetto

Date: Jun-July 2022

Host Center: Barbara Davis Center for Diabetes, Aurora, CO, USA

Mentor: Dr. G. Todd Alonso

Duration: 6 weeks

Background

I am a pediatric and adult diabetes dietitian at the Catholic University Clinical Hospital in Chile. I am currently in charge of the nutrition education of people with type 1 diabetes as well as the educational program for the installation of insulin pumps.

Activities

The fellowship was dynamic, and I was able to participate in multiple activities during the six weeks period.

Outpatient Clinic: I was able to observe patient care along with endocrinologists, nurses and nutritionists. I was able to attend the adult, children's and eye care clinics. It was particularly interesting to learn the adjustment of insulin doses and the education on the use of diabetes technologies. Additionally, to be able to experiment with different insulin pumps and continuous glucose monitors that were available on the market.

Debut Education Program: BDC has a structured program for the debut of children with diabetes, which includes multiple days with nutritionists, nurses, social workers and endocrinologists. It was very interesting to see how they have structured such program and it is a matter that I am currently trying to apply in my clinical practice.

Insulin Pump Training: I was able to attend insulin pump training for children of all ages. It was interesting to see how they conduct education both remotely and in person. Also, due to the large Spanish speaking population, I was able to attend the educational sessions for the Latino community.

Soccer Camp: I had the opportunity to participate with the team of endocrinologists, nurses and psychologists in a soccer camp with children with diabetes during 3 days. This experience was very enriching, as I was able to monitor the use of insulin pumps and CGM during intense physical activity (PA). The daily activities included monitoring glycemia during PA, play with the kids and also talking with them about the carbohydrate count and insulin doses they decided to take at each meal. I have participated in diabetes camps in different countries (Chile, Ecuador and Canada) and what I like the most is that even though they are quite similar, in each of them it is possible to learn a different methodology to be further applied. In addition, being able to share

with the children, beyond the Clinic, allows you to understand what they experience on a daily basis.

Thanks to the connections made during the fellowship, Cari Bergat (MPH, RN, CDE Research Instructor BDC) was invited to Chile to the Chilean Diabetes Society congress as a speaker. We are also currently working together on a research project on Advanced Closed Loop Pumps during marathon races.

Acknowledgment:

I am very grateful to ISPAD for the opportunity of this fellowship. I would like to thank the entire BDC team (endocrinologists, nurses, nutritionists, psychologists, research team) especially Dr Todd Alonso and Olivia Docter for organizing the internship rotation and for making sure that I was having a good experience. Ultimately, during this experience I learned tools for my clinical practice, but I also made great new friends.