

## ISPAD Allan Drash Fellowship Report

**Recipient:** Mahira Saiyed

**Year Awarded:** 2023

**Host Center:** Lucile Packard Children's Hospital, Department of Pediatric Endocrinology and Diabetes, Stanford University

**Mentor:** Dr. Priya Prahalad

**Duration of fellowship:** 5<sup>th</sup> August 2024- 31<sup>st</sup> August 2024

### Report

I am appreciative and honoured to have been granted the wonderful chance to pursue the esteemed Allan Drash Clinical Fellowship at Stanford University, which was supervised by Dr. Priya Prahalad, thanks to ISPAD and JDRF. I express my deep gratitude to ISPAD and JDRF for providing the financial assistance that enabled me to obtain the fellowship. I learnt about contemporary diabetes technology, online and offline diabetes education sessions, and holistic diabetes care during my four weeks at Lucile Packard. Every day of the week, I followed a different set of tasks. Clinical OPD took place on Mondays, clinical discussion and research day took place on Tuesdays, and clinical diabetes education took place on Wednesdays, Thursdays, and Fridays. Dr. Priya gave me an overview of the interdisciplinary team and made a schedule for me.

At Stanford, I most looked forward to Mondays. I saw firsthand how each member of the team visits the outpatient department. I had the good fortune to accompany endocrinologists on their outpatient appointments, as well as during inpatient rounds and diabetes education sessions in hospitals. I now have a comprehensive understanding of the procedure used in follow-up, teleconsultation, and newly diagnosed diabetic situations. I was struck by how each member of the interdisciplinary team engaged with the patient and family proactively and positively, answering all of their questions and patiently taking their time until the families

were satisfied. Diabetes self-management was given a lot of attention during this procedure. Seeing the new-onset diabetes patient during my first week at the clinic excited me a lot. Later in the second week, I also had the chance to witness cases of Type 2 diabetes in young people and polycystic ovarian disease.

I accompanied dieticians and diabetes educators to their inpatient appointments. Also, during the inpatient visits, I got to know a wide range of ethnic and linguistic groupings of people. The exciting part was Stanford's diabetes technology. I recognise that patients utilise a variety of insulin pumps and continuous glucose monitoring equipment. It is, in my opinion, a revolutionary development in the management of diabetes, and I hope that every child with diabetes worldwide should have access to it irrespective of disparities in care. I gained knowledge about the various insulin pump models' construction and how to select the appropriate one. The diabetes educators addressed all facets of diabetes care, including alcohol and drug use in conjunction with diabetes, sexual activity and diabetes, and transitioning. They used a proactive approach to diabetes management.

I had the opportunity to meet Dr. David Maahs along with the former Stanford Allan Drash Fellow in the second week. I spent time in the evening exploring the expansive and stunning Stanford campus, stopping by the Cactus Garden, Stanford Oval, Hover Tower, and many other sites.

To summarise, my time spent working with the multidisciplinary team at Stanford was enlightening, and I returned with a wealth of knowledge about managing diabetes as well as other professional insights. I am appreciative of Dr. Priya Prahalad, Dr. Copper, and the Stanford diabetes educators for broadening my perspectives and assisting me in my education about diabetes management. I would like to express my gratitude to JDRF and ISPAD for enabling me to seek this fellowship at Stanford. My experiences working at Lucile Packard Children's Hospital under the guidance of exceptional faculty have equipped me with the knowledge and abilities to continue enhancing the lives of Indians living with diabetes.

Thank you!

