The initial project was proposed to ISPAD and initiated by the Cambodian Health Ministry to specifically focus on children with type 1 diabetes. Dr Stu Brink has been the organizer on behalf of ISPAD and in August 2019, he visited for two weeks: lecturing for a full week with about 30 different lectures translated into the local Khmer language based on the ISPAD-CDIC pediatric and adolescent training manual. During the first week meetings were held with physician participants and organizers, a local NGO called GIZ (Deutsche Gesellschaft fur International Zusammenarbeit) as well as with national ministry and several hospital leaders/directors and department chiefs.

The second Educational course involved a multidisciplinary team in December 2019, consisting of Stu Brink, Johnny Ludvigsson, Anju Virmani, Angie Middlehurst and Alan Delamater. The course included translated lectures as well as small group moderated sessions. There was great enthusiasm with participation of both nurses and physicians, adult and pediatric specialists already working with youngsters with diabetes but also interested in organizing and growing such a program. The ISPAD Guidelines in addition to the CDIC training manual formed the basis for this second set of 5 full days of lectures.

The first lecture series covered basic diabetes education approaches, educational theory and motivational interviewing, DKA earlier identification and optimized treatment as well as referrals to tertiary well trained centers around Cambodia. This covered the basics of food insecurity, financial insecurity as well as nutrition guidelines, activity/exercise effects, sick day rules, older less expensive insulin preparations as well as insulin pumps and sensors with a vision of what will be possible in coming years with such collaborative government and medical facility approaches. At the second session in December 2019 after each plenary we split up into small discussion groups to review the lectures, see what might need to be adapted to their current level of care, have an opportunity for more interactive group learning and each of us led groups where the doctors and the nurses separately successfully were encouraged to ask more questions and have more detailed discussions about what we had presented. All the ISPAD lecturers were fantastic, worked and supported each other’s information presented and expanded it in a marvelous fashion.
The program was intended to have further Educational Sessions during early and late 2020 but has been on hold because of the coronavirus travel restrictions and safety concerns.