

ISPAD Allan Drash fellowship Report

Visiting center: Diabetes and endocrinology division in Boston Children's Hospital

Mentor: Prof. Joseph Wolfsdorf

I was honored and lucky to be awarded Allan Drash fellowship. I spent my fellowship in diabetes and endocrinology division in Boston Children's Hospital (BCH) which is one of the largest pediatric medical centers in the United States. The Division of Endocrinology at Boston Children's Hospital provides comprehensive care to children with chronic disorders as diabetes which has one of the largest pediatric endocrinology programs in the entire world providing children with state-of-the-art diagnosis, treatment and clinical management and ensuring that child receives comprehensive and coordinated care through adulthood.

On my first day, I met my mentor prof. Dr Joseph who discussed with me my objectives, he explained to me the schedule of the out patients clinics, the clinical rounds and the weekly scientific meetings. Later on he introduced me to the endocrine team.

Following Prof. Dr Joseph's plan prior to my visit, which was exposing me to the following:

1. New onset diabetes – inpatient and outpatient
2. Ongoing diabetes management of established patients. ~60% use pumps and 40% use sensors.
3. Spending time with diabetes educators and dietitians as well as the medical social workers involved in diabetes care.
4. patients with diabetes (>90% type 1); a smaller program for type 2 diabetes (embedded in the obesity program), and numerous patients with CF-related diabetes
5. Attending all the educational activities (clinical conferences, endocrine grand rounds, endocrinology seminars, etc.) within the Division of Endocrinology at Boston Children's Hospital (BCH).

I was lucky to achieve and complete this plan during my stay but I wished I could spend more time with the diabetes educators and dietitians.

My daily schedule during my stay in the hospital was as following:

- Endocrine morning meeting with the consultants.
- Inpatients clinical round with the supporting fellows.
- Out patients clinics with either consultants or fellows.

There was a scientific meeting held weekly which provided me with a lot of information and updates in endocrine.

Being working in a huge center as Alexandria University Children's Hospital which is the main Pediatric hospital in the North Coast Region. It serves as a tertiary referral center for four governorates. In my center there is an outpatient diabetes clinic which serves, diagnoses and follow ups the different types of diabetic patients in these four governorates. So I will do my best to make the maximum benefits and to transfer my new information and experiences which i developed there to all my colleagues and the junior staff at my center as am assistant lecture there.

I can't thank ISPAD enough for accepting me in the fellowship and giving me the chance to meet this great supporting team of professors my mentor dr joseph and dr wassner, dr Nina, dr crocker) , fellows (Jia , kevin ,azova) , educators and nurses (Shannon , michelle) at Boston Children's Hospital and gaining new experiences from them to conduct it to my center and patient.

Last but not least I can't express my gratitude to my mentor prof Wolfsdorf as he was very supportive ,helpful and didn't get bored for my questions before and during my visit.

Best regards,

Dina Abd Elmoniem fawzy

