

ALLAN DRASH CLINICAL FELLOWSHIP REPORT – Dr. Swati Sharma

HOST CENTER – St. James University Hospital, Leeds, United Kingdom

MENTOR – Dr. Fiona Campbell, Consultant Pediatrician & Diabetologist

DURATION – 6 weeks (August 2, 2019 to September 14, 2019)

It is a great honor to be selected for ISPAD's Allan Drash Fellowship and I am fortunate to have done it at one of the best and renowned Diabetes centre in the world led by Dr. Fiona Campbell. It was a great learning opportunity for me. Dr. Fiona Campbell is one of the best clinicians I have come across and the best mentor. I am thankful to her for the valuable teachings, guidance and all the support. I am extremely thankful and indebted to my loving husband, Deepak Pant and my family including my mom Rajrani Sharma, father Dr. S.K.Sharma, in laws Mr. R.P.Pant and Mrs. Bhawna Pant and brother Aksh for continuous support. Without them, it would not be possible.

I discussed with Dr. Fiona Campbell via emails about my objectives and clinical learning plan well before visiting the center. On my first day, Dr. Fiona formulated a structured time table for me so that I can learn the most in the given duration.

There is a big team comprising of Consultants, nurses, dietitians, psychologists, social workers and social groups which manage all the outpatient and inpatient diabetes patients. Holistic and multidisciplinary approach aids in better management of patients.

OUTPATIENTS

- I got the chance to attend all outpatient clinics including Annual Review Clinic, Transition Clinic and Regional Clinic.
- Except in the Annual Review Clinic, team of consultant, nurse, dietitian and psychologist sit together and do the consultation.
- In the Annual Review Clinic, patient visits dietitian, nurse, psychologist and consultant in turns. There is an Annual Review checklist for which the patient is asked questions and examined.
- In the Transition clinic, patients who will soon be transferred to Adult Clinic are attended together with a consultant from Adult Diabetes Team.
- Besides Type 1 Diabetes patients, I also got chance to see patients with Monogenic Diabetes and Congenital Hyperinsulinism.
- I attended all the CGMS starts and the pump starts and initiation.
- I got a chance to see all the CGMS and insulin pumps including the latest Medtronic and Tandem pump with suspend.
- I observed all the software for CGMS and pump downloads and understood and learnt to interpret the data on patient's follow up.
- I learnt about the dietary advise tailored to patients including the carb counting.
- I learnt about the exercise and activity advise to patients according to their age groups and schedule of the day.

- The problems faced by patients and their families in handling the CGMS and pumps were effectively taken up and resolved by the team.
- There is a patient friendly holistic approach for management, monitoring and follow up of patients which helps in overall better management of patients.
- There is a first year care plan for patients presenting for the first time.
- I learnt about the adjustments advised for glucose monitoring, insulin, diet and exercise according to software for CGMS and pump downloads.
- Education about diabetes is made readily available to all patients and their families.
- Point of care HbA1c was done for all patients.
- I also saw patients with Insulin injection regimens and learnt about insulin adjustments and their management, monitoring and follow up.
- I also attended multidisciplinary foot clinic and adult diabetes clinic.
- I also got a chance to attend Pediatric Endocrinology clinics and see patients of CAH, Congenital Hypothyroidism, DPD, Growth disorders, Puberty disorders, Obesity, etc

INPATIENTS

- I observed the management of DKA patients admitted
- Nursing, psychologist and dietary advise and care is tailored to the inpatients.
- I learnt about monitoring of the inpatients.

RESEARCH

- I attended patient information sessions of researches going on in the department like “Day and night closed-loop in young people with Type 1 Diabetes”, etc
- I learnt about data collection and research methods.

I am really thankful to Dr. Fiona Campbell and the team for enriching my knowledge, help me in learning and understanding the new technology and methods in management of diabetes. I am and will continue to make use of it and put it into practice for better patient management in my country.