

# Allan Drash Clinical Fellowship Report

Fellow: Dr. Chetankumar R. Dave

Mentor: Dr. Jamie R. Wood

4<sup>th</sup> November, 2019 - 6<sup>th</sup> December, 2019

I Dr. Chetankumar Dave, a member of International Society for Pediatric and Adolescent Diabetes (ISPAD) for last 3 years and I was fortunate to attend ISPAD meeting in India in 2018 and in the same meeting I came to know about Allan Drash Clinical Fellowship at various centers of excellence in the field of pediatric diabetes. Luckily, I got the chance to visit Rainbow babies' and children hospital under the mentorship of Dr. Jamie wood. My tenure was from 4<sup>th</sup> November, 2019 to 6<sup>th</sup> December, 2019.

Rainbow babies and children's hospital has a very good pediatric endocrinology unit catering more than one thousand children with type 1 Diabetes and approximately 350 children with type 2 diabetes. It has ten pediatric endocrinologist, five pediatric endocrine fellows along with diabetes nurses, dieticians and social workers.

As per talk with Dr. Wood, my schedule was made according to my areas of interest and it is as below

1. Education for newly diagnosed patients with type 1 and type 2 diabetes
2. Management of diabetic ketoacidosis
3. Initiation of insulin and blood glucose monitoring
4. Principles of nutritional management of diabetes
5. Psychosocial issues in diabetes
6. Insulin dose titration
7. Insulin pump and continuous glucose monitors
8. Sick day management
9. Perioperative diabetes management

Dr. Jamie Wood is so caring. She was in constant contact with me regarding my accommodation and my food arrangement etc as I was visiting United States for the first time.

My schedule in hospital was arranged in such a way that I can have an exposure in OPD, indoor patients, various conferences, grand rounds as well as counselling sessions. We had OPD for four

days and one day of full academics including grand rounds, patient discussion and lectures by the consultants.

Apart from Dr Jamie Wood, I worked with Dr. Rose Gubitosi-Klug (Division chief), Dr. Sarah MacLiesh, Dr. Navin Ulli, Dr. Anuradha Vishwanathan, Dr. Beth Kaminski, Dr. Ryan Farrell, Dr. Katherine Kutney, Dr. Teresa Zimmerman and Dr. Sarah Hatab. I was scheduled at three different OPD clinics apart from the main hospital in three different areas of the city. I was working with registered nurse during half day and with consultants during rest of the day. All doctors were so open and friendly to discuss the patients in detail. I had exposure to all types of patients including type 1 and type 2 diabetes with and without co morbidities(Celiac Disease, Hypothyroidism, Psychosocial issues etc) of all types from age one to twenty years. I witnessed many success stories of patients with many issues now being taken care of with the help of the team of doctors, nurses and counsellors. I spent one week with Dr. Jamie Wood who was in rotation as IPD in char e. We used to start ICU and ward rounds early in the morning till noon. I learnt regarding PICU protocols, parent counselling and documentation with Dr. Wood.

As per my request, hands on training of insulin pumps and continuous glucose monitors of different companies were arranged. We also performed initiation of insulin pump on ourselves to have an experience.

I learnt a skill of history taking and counselling from the nurses. A proper narration by nurses regarding history of the patient was given to me before going to the patients . I observed dietician sessions of the patients of type 1 and type 2 diabetes. My knowledge regarding dietary management of diabetes, carbohydrate counting, food replacement and sick day management flourished during counselling sessions. This knowledge will help me to manage my patients of diabetes in my clinic in India.

I also got a chance to work with pediatric endocrine fellows of Rainbow hospital. I will be thankful to Dr. Shashikala, Dr. Saima, Dr. Padmaja, Dr. Rawah and Dr. Erika for their help and support during OPD as well as hospital rounds. They showed great hospitality and generosity in everywhere starting from settling in Cleveland to settling in the hospital.

I was lucky to meet Dr. Thomas carpenter, a renowned endocrinologist form University of Yale during my stay at Rainbow Hospital. I attended his presentation and grand rounds regarding X linked hypophosphatemic rickets and discussed personally with him regarding research in the field of pediatric endocrinology. It was a great academic feast for whole day.

During my stay, I found a lifetime friend in the name of Tiago Geronimo dos Santos from Brazil who was my colleague and an awardee of Allan Drash Fellowship. I was amazed by his work in

diabetes technology. I enjoyed healthy friendship with him during my stay. Together we formed a survey regarding the use of diabetes technology which will be circulated to many diabetes practitioners via ISPAD across the world.

I made various video presentations regarding diabetes introduction, hypoglycemia management, sick day management, exercise in diabetes in English and regional language with the guidance of Dr. Jamie wood.

In short, I had an experience of lifetime to work with all stalwarts in the field of pediatric diabetes and got the knowledge required to manage the patients of diabetes. I would be very much thankful all my life to the doctors and fellows of Rainbow babies' and children's hospital.

I am planning a pediatric endocrine clinic in my homeland and would like to give benefit of my knowledge gained during my fellowship. These include diabetes counselling and management, dietary management, glucose monitoring, sick day management use of diabetes technology and diabetic ketoacidosis management.

My sincere thanks to Dr. Jamie Wood for helping me to achieve this landmark in my carrier.

I would also like to thank Dr. Anurag Bajpai, my mentor in my Homeland to help me to achieve the level to be selected for this prestigious fellowship.

I would highly recommend Allan Drash Fellowship to all young pediatric endocrinologist and diabetologist and wish all the good luck for future fellows.

Regards

Dr. Chetankumar Dave

MB, DCH, Fellow in Pediatric Endocrinology (India), Allan Drash Fellow (Cleveland, USA),

ESPE Fellow (Liverpool, UK)

Pediatric Endocrinologist,

India

Email : [crdave22@gmail.com](mailto:crdave22@gmail.com)