

18 July 2015

ISPAD CLINICAL FELLOWSHIP – 2014

DR.RAMKUMAR, INDIA

I would like to acknowledge and extend my heartfelt gratitude to everyone who supported me in completing the 'ISPAD Clinical Fellowship in Diabetes' for the year 2014 in Starship Children's Health, Auckland City Hospital in New Zealand successfully. My mentor was Dr Craig Jefferies, Endocrinologist in Starship Health and Liggins Institute, who and guided me throughout my fellowship. He also helped me with my interest to perform my intended role – as clinical fellow in Insulin Pumps- initiation, monitoring and on continuous glucose monitoring. From Day one Craig helped me in understanding the fellowship details right from helping me with my access to Starship Ward, Outpatient and Database.

Below is my clinical and research experience during my Fellowship.

- **Clinical experience**

Starship Health has inpatient endocrine and diabetes service in Auckland City Hospital and outpatient service in Greenlane Clinical Centre and in Botany Clinic (about 15 kilometres within the city suburbia). There are more than 450 children and adolescents with diabetes in the service, with ~70 new cases per year. I attended the outpatient diabetes and endocrine clinics (2 clinic per week each) and discussed cases with Craig and the other Endocrinologists, Drs Paul Hofman, Philippa Carter, Wayne Cutfield, Alistair Gunn and Frances Mouat; giving me a large spread of experience and influences. There are 25% of the children with diabetes are on insulin Pumps, especially under the age of 7 years, who attended the regional diabetes clinic. I also attended the structured Insulin

Pump training sessions and also had real practical experience on initiation and follow-up. Thanks to our Staff Grace and Ann Faherty who guided me in finer aspects on insulin pump initiation and monitoring. The clinic atmosphere was so lively and everyday at the end of clinic; we discussed all the cases which was really helpful. That gave a chance to know more about the problems faced by diabetics on insulin pumps. In Starship In patient service, I attended Ward rounds with Dr Craig Jefferies and seen many rare interesting cases. There was also weekly meeting on Journal articles where every Endocrinologist discussed one article of clinical relevance. I discussed an article on hyperinsulinemic hypoglycemia published in JCEM. I got all the relevant materials related to insulin pumps for guiding the patient, parents, teachers and whenever necessary.

- **Research experience**

During my fellowship program, I had done a research project on 'Acute complications in Type 1 Diabetes Mellitus'. I reviewed data on 1200 children and young people with type 1 diabetes diagnosed in the Auckland region and within the Starship service, so diagnosed <15 years. This accounted for around 18, 000 clinic visits over the last 15 years. The Starship Database had a complete record of all clinic visits that helped me to track all these patients, and acute complications of DKA and severe hypoglycaemia also cross referenced to all emergency department and ward discharges from the hospital IT system.

I have submitted part of my research project as an abstract in the ISPAD Annual meeting this year in Brisbane, 2015. The abstract is entitled as follows...

Abstract

Category: Diabetes Acute Complications (Category Number: 1.8)

Title: Acute complications in children with type 1 diabetes from a regional cohort setting, Auckland, New Zealand

- **Post Clinical Fellowship**

Currently, I am working as Endocrinologist in Apollo Hospitals in Chennai, India. I have more confidence than before in dealing with diabetic patients. The training on Insulin Pumps helped me in guiding my diabetic patients properly on management issues. I learnt a lot of varying regimen in managing brittle diabetes that is now helping me to individualize as per the needs and glycemic control of the patient.

Starship Health is one of the best centres of excellence for managing diabetics. I recommend all interested candidates to pursue this ISPAD fellowship. Pursuing your fellowship in Starship Health will be really worthy of your time it as it is for me.

Sincere thanks to Dr Craig Jefferies and Dr Carine De Beaucort for helping me achieving this landmark in my career.

Good Luck to all future ISPAD Clinical Fellows.

Regards,

Dr.S.Ramkumar

Endocrinologist

Apollo Hospitals, Chennai, India