

## ALLAN DRASH FELLOWSHIP REPORT

Name: Ysnel VICTOR

Visitor center: Montreal Children's Hospital, Montreal, Canada

Supervisors: Dawn DAVIS, Social Worker and Julia VON OETTINGEN, pediatric endocrinologist

Duration: 5 weeks (October 30 to December 1, 2019)

### **Narrative report**

It was a privilege and a great honor for me to receive the 2018 Allan Drash fellowship. I spent this fellowship with the pediatric endocrine division and the social service department at the Montreal Children's Hospital. I was very well received, and my supervisors introduced me to the team comprising: social workers, nurses, nutritionists, secretaries, fellows and pediatric endocrinologists. Social worker Dawn DAVIS had taken care from the first day to explain to me the program and the psychosocial care of patients with diabetes at the Hospital. Since then, during the fellowship I participated in various activities concerning pediatric diabetes, especially those related to psychosocial aspects.

Every day, the social worker at the hospital and I had discussions about cases that were going to be seen and reviewed the plan for each patient.

1-I participated in weekly diabetes clinics and I was able to observe the multidisciplinary approach to diabetes care by team including attending physician, nurse, social worker and nutritionist. These sessions focused on the patient and parental involvement. They were very informative. I plan to take this multi-disciplinary, patient-centered approach back to Haiti.

2-I attended the weekly rounds of the endocrinology division where we presented and discussed the more difficult cases encountered;

3-I participated in the monthly meeting of all social workers at the hospital. They discussed difficult cases encountered and the intervention plan for the next month, taking into account the proposals;

4-I attended diabetes education sessions for patients and their parents by a nurse and learned how the team focused on providing the best possible psychosocial care from inception.

5- I was at a symposium for two days organized by the Diabetic Children Resources Foundation (FRED) during which I participated in conferences concerning diabetes from the diagnosis until the follow-up of the treatment;

6- In addition to the diabetes clinic, I had the opportunity to also observe the nephrology and sickle cell anemia clinic with the social workers attached to each of these clinics;

7- I went to the psychiatric emergency with my mentor the social worker Dawn DAVIS. I observed the intervention of the duty psychiatrist;

8-I participated in scientific meetings focused on clinical research in pediatric diabetes. I participated in the development of a protocol for a qualitative study evaluating the psychosocial support needs of

youth with diabetes in Haiti. Together with the Haitian pediatric endocrine fellow at the Montreal Children's Hospital and Dr. von Oettingen's research team, we plan to implement this study in early 2020;

### **Important lessons learned from this scholarship.**

I learned how important the team approach is and how essential it is to involve patients and parents in their care. Because the management of diabetes is not only insulin intake, blood sugar levels, there is also the social aspect which must be taken into account and which is an important aspect: supervision, family support, patient relaxation etc. It's actually social support. And it must be said that we miss this aspect a lot here in Haiti. So I also enjoyed learning from the staff how to integrate children into their diabetes management. I noticed that children with diabetes at the Montreal Children's Hospital are very confident and can easily express their feelings, their emotions, their experiences with diabetes.

During conferences whether at the symposium or at the hospital, I acquired theoretical knowledge on the psychosocial aspects in the management of pediatric diabetes in general and in particular on the cases where the lack of social support occurs. feel.

This experience allowed me to learn how to conduct basic clinical research.

I learned from all the social workers that social services, social insurance and helping social institutions are available and in our practice we have to be able to orient patients and parents.

Changes that can be implemented in my practice in Haiti after my apprenticeship at the Montreal Children's Hospital:

- 1) Learning at the Montreal Children's Hospital made me realize the team approach so necessary for type 1 diabetes. The decisive implementation of my interventions in the multidisciplinary team will therefore be the change priority to be implemented.
- 2) Carry out an awareness program on the involvement of patients and parents in the care and monitoring of care.
- 3) Help patients gain self-confidence so that they can better express their emotions, their feelings and not be afraid to talk about their diabetes.
- 4) Under the direction of my supervisor Julia VON OETTINGEN, I started to work on the research protocol which revolves around the theme of: "Exploration of psychosocial and peer support possibilities for resilience to type 1 diabetes: development of SUPPORT adapted to the culture of young people with type 1 diabetes in Haiti".

**Ysnel VICTOR**