

2020 ISPAD's Allan Drash Clinical Fellowship Report

Recipient: Natasha Yaneva, MD, Medical University of Sofia, Bulgaria

Host center: Division of Pediatric Endocrinology and Diabetology, Riley Hospital for Children, Indiana University, Indianapolis, USA

Mentor: Prof. Linda A. DiMeglio, MD, MPH

Duration: from November 4th to December 16th 2024

Dear ISPAD, thank you for the great opportunity to be an Allan Drash Clinical fellow!

My six weeks Allan Drash Clinical Fellowship in Riley Hospital for Children, Indianapolis, USA, under the supervision of Professor Linda DiMeglio, was a key moment in my diabetes training. It opened my mind and improved my knowledge and skills in the field of Pediatric Diabetology. It enhanced my passion for diabetes care! My visit to the advanced diabetes center at Indiana University gave me a closer approach to the multi-disciplinary management of diabetes, as well as in-depth knowledge and practical skills in the new diabetes technologies.

On the very first day Professor DiMeglio was kind enough to prepare for me a varied and busy schedule so that I could get the most out of my stay. My weekly schedule included everyday morning inpatient service observations, morning and afternoon diabetes and endocrinology clinics, Tuesday endo and diabetes team meetings, as well as Wednesday morning Grand pediatric rounds.

During my clinical training I had the opportunity to see and touch the latest technologies in diabetes treatment, to acquire skills in the fine tuning of regimens in insulin pumps and to learn how hybrid closed loop systems work. Even more, I got a deep insight into the multidisciplinary care of diabetes including the medical care, diabetes education, psychological and social support. All that helped me realize that apart from the technologies, another important condition for achieving good target glycemic control is the structured multi-disciplinary team of healthcare professionals.

During my fellowship I also had the chance to visit the new to me Early-Stage Diabetes Clinic and the Youth Diabetes Prevention Clinic.

The observation of type 2 diabetes clinics was also very useful for me, because in our center in Sofia I still rarely encounter this type of diabetes and accordingly I do not have enough experience in its treatment. Given the increasing frequency of obesity and type 2 diabetes among children and adolescents, the acquired knowledge will make me more confident and competent in the care of such patients.

In brief, the ISPAD's Allan Drash Clinical Fellowship enriched my knowledge and skills in Pediatric Diabetology. The shared experience of my highly developed Host center helped me learn new good clinical practices which I would like to implement in my home center in order to provide up-to-date, comprehensive care for children with diabetes. In the future I would like to practically apply what I have seen in the establishment of an outpatient diabetes clinic with multidisciplinary team within the structure of our Children's hospital in Sofia.

My heartfelt thanks to Professor DiMeglio, who, in addition to being an outstanding specialist, is also an amazing person! She and her unique team welcomed me so hospitably and with a lot of patience and willingness gave me new knowledge!!!

Yours Sincerely,

Natasha Yaneva