



## **Report on Allan Drash Fellowship**

**Boston Children's Hospital, Harvard Medical School, Boston, USA**

**Duration: 5th May 2025 – 30th May 2025**

**Mentor: Dr. Katherine Garvey**

It was a great honor and privilege to be selected for the prestigious **Allan Drash Clinical Fellowship** sponsored by the **International Society for Pediatric and Adolescent Diabetes (ISPAD)**. I had the invaluable opportunity to train at **Boston Children's Hospital**, one of the world's leading centers for pediatric endocrinology and diabetes care, under the mentorship of **Dr. Katherine Garvey**, a distinguished expert in pediatric diabetes.

During my one-month observership, I was actively involved in various clinical activities at the **Division of Endocrinology**, including outpatient diabetes clinics, insulin pump and CGM initiation sessions, Indoor diabetic patient management, and multidisciplinary team meetings involving dietitians, psychologists, diabetes educators, and social workers. I gained deep insights into advanced technologies used in diabetes care such as hybrid closed-loop systems, interpretation of CGM data, and the application of decision-support tools in clinical practice.

Furthermore, I had the chance to attend academic teaching sessions, journal clubs, and grand rounds which enriched my understanding of both the clinical and research aspects of pediatric diabetes. I also observed the structured transition care planning for adolescents moving to adult diabetes services.

This fellowship has significantly enhanced my clinical acumen, particularly in the areas of intensive insulin therapy, psychosocial support for families, and multidisciplinary diabetes care. I am confident that this experience will translate into improved diabetes care and education practices upon my return to Pakistan.

I would like to express my heartfelt gratitude to **ISPAD** for awarding me this fellowship and to **Dr. Katherine Garvey** for her generous mentorship, guidance, and hospitality throughout my stay. I also thank the entire team at Boston Children's Hospital for their warm welcome and enriching learning environment.

**Dr. Kashan Arshad**

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