

ISPAD Allan Drash Fellowship Report

Recipient: Deniz Özalp Kızılay

Year Awarded: 2024

Host Center: Lucile Packard Children's Hospital, Department of Pediatric Endocrinology and Diabetes, Stanford University

Mentor: Dr. Priya Prahallad

Duration of fellowship: January 2025

I am deeply honored and grateful to have had the opportunity to complete my clinical fellowship at **Stanford University** under the supervision of **Dr. Priya Prahallad**, thanks to the **ISPAD Allan Drash Clinical Fellowship Program**. I would like to sincerely thank **ISPAD** for granting me this invaluable fellowship.

The main goal of my participation in this program was to gain the highest level of clinical expertise in the management of pediatric diabetes. My primary objective was to gain direct exposure to innovative diabetes technologies used in the United States and to observe the clinical approaches of internationally recognized pediatric diabetes specialists. I aimed to share the experiences I gained with my diabetes team in Turkey—where our center is among the leaders in diabetes technology—and to help advance both our center and my country in this field.

During my time at **Stanford**, I had the opportunity to acquire both clinical and academic experience at **Lucile Packard Children's Hospital**, observing the Stanford Diabetes Team's approach to state-of-the-art diabetes technologies, online and in-person diabetes education sessions, and comprehensive diabetes care. This fellowship has been a unique milestone in my academic career, enhancing my understanding of initiating, managing, and following up patients with type 1 diabetes using insulin pump and continuous glucose monitoring systems.

I observed outpatient follow-up visits, online diabetes education sessions, and inpatient care. I was particularly impressed by the emphasis on self-management education from the time of diagnosis. The outpatient and virtual (telehealth-based) education system for newly diagnosed patients—without requiring hospitalization—was a new and valuable experience for me.

Monday was the main diabetes clinic day at Stanford and proved to be highly productive. I observed how different faculty members assessed and managed their patients

during clinic visits. In addition to attending diabetes clinics, I participated actively in the team's daily activities throughout the week to observe their endocrine practice as well. On **Tuesdays**, I attended the weekly clinical case and research conferences, where the entire pediatric endocrinology and diabetes team participated. During these sessions, complex cases were presented, laboratory findings were discussed in the context of current literature, and fellows received feedback on their cases. Inpatients were also presented to the entire team, and consultations from other departments were reviewed. Furthermore, project proposals and progress updates were shared, allowing for collective input from faculty members. These discussions were highly beneficial for enriching my clinical and academic perspective. On **Wednesdays, Thursdays, and Fridays**, I participated in various clinical and educational activities, including inpatient rounds, endocrine clinics, and diabetes education sessions. Education for newly diagnosed patients was provided in person by diabetes nurses, and due to the high cost of healthcare, supportive follow-up education was delivered online. I attended face-to-face diabetes education sessions as well as insulin pump and CGM initiation trainings, observing the structured educational approach closely.

I also attended **Virtual Diabetes Education Classes** organized by the Stanford Diabetes Team, including:

- *Type 1 Diabetes Class*
- *Beyond the Basics / Sports, Play, and Exercise Education for Diabetes (SPEED) Class*
- *Pre-Pump and CGM Class*

During my observership, I had the opportunity to:

1. Participate in direct patient care in both outpatient clinics and inpatient settings
2. Work with members of the diabetes team (certified diabetes care and education specialists, nutritionists, nurse practitioners, and social workers)
3. Observe multidisciplinary outpatient education for newly diagnosed patients
4. Observe the initiation of diabetes technologies, including insulin pumps and continuous glucose monitors
5. Attend case conferences
6. Attend research meetings

I attended the **4T T1DX Workshop (January 13–14, 2025, Stanford, CA)**, organized by Prof. David Maahs, Dr. Priya Prahalad, and the diabetes team, which aimed to disseminate the 4T project across other diabetes centers in the United States. This workshop provided an excellent opportunity to listen to presentations from other leading diabetes centers, learn about their management approaches, and compare them with our own center's practices. It was a great source of pride to see that **Ege University**—where I work—already meets very high standards of care and metabolic control outcomes.

Dr. Priya Prahalad's support throughout the program was invaluable. I also had the pleasure of meeting Prof. David Maahs, who was approachable and supportive in every aspect. The working environment, the strong support from the clinical staff, and the impressive hospital facilities made a lasting impression. The diabetes team members were collaborative and communicative, and I felt like a part of the team throughout my stay. We exchanged insights about patient experiences and shared clinical perspectives. I rented a bicycle—since Stanford and Palo Alto are ideal for cycling—and enjoyed exploring the beautiful, green, and inspiring Stanford campus, including the Cactus Garden, Stanford Oval, and Hoover Tower.

In summary, my time at Stanford with the multidisciplinary diabetes team was an exceptionally educational and inspiring experience. The clinical and research exposure I gained at Lucile Packard Children's Hospital under the guidance of an outstanding academic team has significantly enriched my knowledge and skills in improving the lives of children with diabetes. I would like to express my heartfelt gratitude to **Dr. Priya Prahalad, Prof. David Maahs**, the Stanford diabetes nurses and educators for their kindness, guidance, and willingness to share their expertise throughout my visit. I am deeply thankful to ISPAD for making this fellowship possible.

Finally, I would like to extend my sincere appreciation to my mentors at **Ege University Faculty of Medicine, Prof. Dr. Damla Gökşen, Prof. Dr. Samim Özen, and Prof. Dr. Şükran Darcan**, for their continuous support throughout my fellowship application process and my professional career.





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