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REPORT OF FELLOWSHIP ALLAN DRASH ISPAD AT THE LUXEMBOURG HOSPITAL CENTER

INTRODUCTION

This report explains the course of my Allan Drash Fellowship 2024 clinical placement at the Luxembourg Hospital Center.

DESCRIPTION OF THE INTERNSHIP FRAMEWORK

The internship took place at the Pediatric Diabetes Endocrine Care Clinic (DECCP) at the Luxembourg Hospital Center. The DECCP is a European center of excellence for diabetes, specializing in clinical care and research. The department comprises a formidable, multilingual, multidisciplinary, specialized, and dynamic medical and paramedical team, including seven pediatric endocrinologists and diabetologists : Professor Dr. Carine De Beaufort, Dr. Michael Witsch, Dr. Nicolas Bonnet, Dr. Urlike Schierloh, Dr. Yousr Dridi, Dr. Chiraz Ghaddhab, Dr. Sylvie Bomptemps, and Dr. Marianne Becker.

The nursing team consists of Dominique Schaeffer, Yasmina, Muriel, Cindy, Mareva, Morgane and Melodie.

Team of psychologists : Aurélie Egger, Michèle Schutz, and dieticians Stéphanie Rosquin, Sarah Spinelli.

INTERNSHIP OBJECTIVES

The objective was to optimize my skills in the management of Type 1 Diabetes in a limited in come setting and to learn advanced care in Type 1 Diabetes. The aim was to learn how to organize and manage a pediatric diabetes registry, to learn about type 1 diabetes technologies (open and closed loop pumps), to learn how to work in a multidisciplinary department, and to learn how to organize a tertiary level pediatric diabetology department.

INTERNSHIP COURSE

This is an interactive observation internship which took place over a total of 6 weeks, including 3 weeks during the year 2025 (from 07 to 28 April 2025) and 3 weeks in 2026 (from 04 to 28 April 2026), from Monday to friday, from 09 a.m. to 17 p.m.

Daily activities consisted of medical and paramedical consultations, case discussions, and staff meetings.

Medical activities: Medical activities represented approximately 60% of the internship activities. They consisted of diabetes consultations, during which I attended the anamnesis, physical examination and discussions for diagnosis and management, pump initiation, therapeutic initiation and readjustment.

Paramedical activities represented approximately 30% of internship activities, including 10% nursing consultations (therapeutic education, fitting and management of insulin pumps), 10% psychologist consultations and 5% nutrition consultations.

Discussions and exchanges: the se accounted for approximately 10% of the time. They were devoted to discussions and exchanges on clinical cases, including rare and complex cases, functional insulin therapy, hypoglycemia, management of ketoacidosis, psychological support, the implementation and maintenance of patient registers, and the organization of a multidisciplinary service.

Discussions with parents were also held. One of the innovations was learning about activities for parents of diabetic children to meet and exchange ideas, training school staff including teachers, and also learning how to implement individualized support programs(PAI) in schools.

Learning about the transition of care was one of the key areas of learning.

Inaddition, I benefited from written materials and recent, comprehensive documentation on psychological support, the development and management of hypoglycemia, meal planning, bioelectrical impedance analysis, and body composition.

LEARNED EXPERIENCES

The Allan Drash fellowship at the Luxembourg Hospital Centre allowed me to work in a different context from my home hospital in the Democratic Republic of Congo. From this experience, I learned to work in a multidisciplinary team, with cutting-edge technology, and also to refine my clinical practice, particularly in the areas of diagnosis, treatment, and research.

CONCLUSION

The Allan Drash Fellowship at the Luxembourg Hospital Center was a fantastic opportunity for learning and exchanging experiences with a dynamic, multidisciplinary team dedicated to the care and well-being of children, adolescents, and young adults with diabetes. It allowed me to achieve my assigned objectives and, more importantly, to broaden my horizons in both clinical practice and research on diabetes in children, adolescents, and young adults.

PERSPECTIVES

At the end of this experience, we considered maintaining a framework for exchange between the pediatric endocrinology and diabetology service of the Renaissance University Hospital Center in the Democratic Republic of Congo and the pediatric endocrinology service (DECCP) of the Luxembourg Hospital Center, particularly in terms of training. This experience now allows us to implement a reference multidisciplinary pediatric diabetology service at the Renaissance University Hospital Center in the Democratic Republic of Congo.

