



ISPAD Allan Drash Fellowship Report

Recipient: Dr. Hiba Amer Mohyi Eldin Babiker. Sudan

Year Awarded: 2022.

Duration: 4 weeks (January 16th- February 15th 2026)

Host center: Dr.Mohan's Diabetes Specialities Centre .

Fellowship supervisor: Dr: V. Mohan.

Introduction:

I am working in Sudan at a tertiary hospital in Khartoum and Sudan childhood diabetes center as pediatric endocrinologist. Sudan childhood diabetes center accommodates about 5000 children with different types of diabetes. Insulin and doctor visits were free of charge.

All diabetes team were in the center including Endocrinologist, Nephrologist, Ophthalmologist, Dentist, Dietitian, Educators, Social workers, Psychologist ,lab technicians, Pharmacist with genetic lab. Several diabetes clinics were established in all cities of Sudan under supervision of Sudan childhood diabetes center. Unfortunately, the center has been destroyed during Sudan war. We hope to rebuild it gain and gather all the team there.

I was awarded the Allan Darsh clinical fellowship by ISPAD. I am very grateful to ISPAD for giving me financial assistance to conduct this training at Dr.Mohan's Diabetes Specialities Centre at Tamil Nadu ,Chennai for four weeks under supervision of Dr Mohan and his colleagues.

Really I am very thankful to ISPAD for their patience, because the planned time of training was at 2023, few weeks before the planned time for the visits the war was started in Sudan and since then I was trying to travel but it was so difficult due to our situation, ISPAD was very kind ,helpful and patient and understood my situation.

It was my first international diabetes training since I was graduated which had a profound impact and transformative experience for me and it will affect our diabetes management and practice especially after the war and re-implementing the diabetes technology in Sudan.

Out-patient exposure:

Dr. Mohan's Diabetes Specialities Centre at Chennai in India, I had the opportunity to see management of all types of diabetes in pediatrics on an OPD basis. In the clinic everyday, I

would see around 3-5 diabetes children. I attended the morning pediatric and afternoon diabetes clinics with diabetologist, educators, and dietician. I was surprised to note that most children had fairly good HbA1c levels and it is mostly due to the effective diabetes team. I also learned how doctors and paramedical staff communicate emphatically with parents and children, which was a valuable learning experience. Further, not only the diabetologist but also educators and dieticians fixed appointments at the center to clarify the parents' doubts and assess their management. This reiterates how the team is paramount in managing children with diabetes. I also learned about the interpretation of CGM and complications screening.

Inpatient exposure:

Every day, I attended ward rounds with the diabetologist, educator, dieticians, and social worker. I learned about insulin doses, insulin administration, patient counseling, and DKA management. I also had the opportunity to visit the intensive care unit during my rounds. I even saw many rare diabetes syndromes being managed during my rounds. I learned a wide range of ethnic and linguistic groupings of people with diabetes being managed.

Diabetes Technology:

Most children with different types of diabetes are under different brands of CGM at Dr. Mohan's Diabetes Specialities Centre. I observed different types of CGM installations. Although not all patients are having CGM, yet, we don't have many patients in our country with CGM especially after the war because it is either unavailable or unaffordable. Moreover, a lot of children are on insulin pumps there. I also had the opportunity to observe pre-pump counseling, pump installation, and post-installation

correction and follow-up. It was impressive to observe how the insulin pump reduced the burden of multiple insulin injections and improved the quality of life for children with diabetes. The pump expenses were under personal cover, not covered by the government, similar to our country where it is also not covered by the governmental sector.

Educational session:

DR. V Mohan and his team has conducted many teaching sessions for me on the following topics:

Basic pathophysiology of type 1 diabetes, type 2 diabetes in pediatric, monogenic diabetes, maturity onset diabetes of young, syndromic diabetes and neonatal diabetes.

Blood sugar targets, and insulin management of type 1DM,

Dietary management, especially for a fuss eater and grazing children, and psychology of sugar control. He reiterated how uncontrolled high sugar also results in hypoglycemia and further causes long-term complications. Dr.Mohan's vast experience with diabetes, and his depth of knowledge and wisdom are inspiring. He had particularly taught me difficult areas in type 1 diabetes management. He also met with me as soon as I asked for help and even now, continues to guide me in various aspects of diabetes.

Sessions with the Diabetes Educator:

I attended many sessions with Diabetes Educators. It was a good learning

opportunity to see how a team of diabetes educators conducted multiple sessions with newly diagnosed type 1 diabetes children and parents. As well as other types of diabetes. They ensure patients understanding and to become confident in all aspects of diabetes management before discharge from the hospital. Further, they also provide telehealth supervision for all cases. I also learned about all practical elements

of insulin injection, hypoglycemia management, exercise, type 1 DM, and sick day management. They also share experience in managing complicated cases. I also attended the pre-pump workshop for parents

conducted by Ms. Priya, a diabetic dietitian. I also

observed how diabetes educators play a crucial role in managing diabetes at school by educating and training teachers.

Sessions with Dieticians:

It was an enlightening experience for me to see how dieticians play an essential role in managing type 1 diabetes and other types of diabetes . I attended many sessions with a dietitian. I learned about carb and non-carb diets, carb counting, meal planning, and usage of insulin titration charts according to exchange.

Educational sessions:

At Dr.Mohan's Diabetes Specialities Centre there is programmed educational sessions that are presented by the fellows at the center as well as the consultants. I could attend all the educational sessions about diabetes and I also had the opportunity to present a lecture there .

Genetic Lab and Research Centre :

There is a very large genetic lab as well as a sophisticated world class research center for different aspects of diabetes are available at Dr.Mohan's center. It is called Madras Diabetes Research Foundation (MDRF). In any diabetic child with suspicion of genetic syndrome or mutation, a genetic sample will be sent to their lab (that I had visited) which will help a lot in diagnosis as well as specific treatment and hence the outcome for the certain case.

The research center plays a major role in updated research for future management for diabetes with extensive clinical trials.

Type 2 diabetes management:

A lot of pediatric patients have type 2 diabetes .integrated management is offered for them in addition to the medical and dietary treatment ,exercise session and weight managing program are also offered to them.

Conclusion:

To conclude, this Allan-Drash fellowship helped me to gain a wealth of knowledge about all types of diabetes in pediatrics , carbohydrate exchange counting, CGM ,and insulin pumps are entirely new learning to me. Also, attending the sessions with diabetes educators, dieticians, and diabetologists helped me learn about intricate and subtle aspects

of diabetes management. Also, this training will be instrumental in improving many aspects of diabetes care in our country especially after War. Further, our continued interaction with Dr. V. Mohan inspires and

empowers me to evolve diabetes care in our country.

Acknowledgement:

I express my deep gratitude to ISPAD for giving me this training. They were very supportive to me and my country during this war. Their continuous support, patience and acceptance to my difficult situation .ISPAD members were always asking about my situation during the war. I am immensely grateful to Dr. V. Mohan for accepting me into his institute. Further, I am thankful to all the diabetologists, the heads of departments and to Dr.Latha Venkatesh and her team for organizing the training program.