

# Innovations in Diabetes & Endocrinology



*Rady Children's - A comprehensive system  
focused solely on children.*



## PEOPLE

### Dr. Mary Beth Patterson joins team



Mary Beth Patterson, M.D., has joined the Endocrinology/Diabetes team at Rady Children's Hospital-San Diego. She will be caring for patients with type 1 diabetes, type 2 diabetes, thyroid disorders, disorders of growth, including short stature, adrenal disorders, pituitary abnormalities and disorders of puberty.

Dr. Patterson's clinical interests are in seeing a wide variety of patients and working with medical students, residents and fellows to improve their knowledge in the field of pediatric endocrinology. Her research interest is fructose metabolism.

Prior to coming to Rady Children's, Dr. Patterson worked for Pediatric Endocrinology Associates at Miller Children's Hospital in Long Beach, Calif. She completed her fellowship at Harbor-UCLA Medical Center in Torrance, Calif., and her residency at Albert Einstein Medical Center in Philadelphia.

*SJ Magazine* named her as a "Top Doc for Kids" in its physician poll.



## PROGRAMS

### Workshop held to enhance knowledge, skills of school nurses

The Division of Endocrinology/Diabetes recently held a workshop for school nurses at Rady Children's to provide education and training on various pediatric endocrinology conditions.



The topics were:

- Diabetes management, presented by Kimberly McNamara, R.N., B.S.N., CDE, focusing on the disease process, type 1 versus type 2, how insulin and various insulin plans work, and available resources
- Insulin pumps and continuous glucose monitoring, presented by Ariane McClellan, R.N., CDE, which included a discussion on new technology
- Obesity and nutrition management, presented by Giana Reuter, N.P., CDE, and Ileana Scott, D.N.P., from the Division's obesity clinic, highlighting how to support and encourage kids to make healthy choices and be more active
- Gender dysphoria, presented by [Maja Marinkovic, M.D.](#), co-director of the [Gender Management Clinic](#), explaining the meaning of transgender, treatment plans for gender dysphoria and how to support transgender students

Clinic nurses and the Division's dietitian provided hands-on training on insulin devices and emergency medications during a breakout session.

The feedback at the workshop was extremely positive, with nurses saying it improved their knowledge and skills. Pre- and post-surveys are being used to assess specific learning outcomes.



## RECOGNITION

### Division ranked among top 15 children's programs in nation

The Endocrinology/Diabetes program has been ranked as the 15<sup>th</sup> best in the country by *U.S. News & World Report* for 2017-18 in its "Best Children's Hospitals" survey.

Fifty pediatric centers were ranked in diabetes and endocrine disorders. Management of diabetes, infection prevention and adequacy of nurse staffing, along with other data collected from a detailed clinical survey of children's hospitals, produced 85 percent of each hospital's score. The other 15 percent reflects nominations from pediatric specialists and subspecialists who responded to surveys in 2015, 2016 and 2017 and recommended the hospital for serious cases in their specialty.



The program scored "excellent" on the following measures:

- Success in hypothyroid management (success in treating hypothyroid children and infants)
- Ability to prevent infections throughout hospital (success



innovation  
belongs in every moment



#### Quick Links

[About Us](#)

[About Rady Children's](#)

[Questions & Comments](#)

[Past Issues](#)



in minimizing infections through hand hygiene, vaccination and other proven measures)

- Nurse staffing (average hospital-wide number of R.N.s over 24 hours relative to the average number of daily inpatients)
- Advanced clinical services offered (such as certified diabetes educators and remote access to health records)
- Clinical support services offered (such as surgical ICU and pediatric pain management program)
- Advanced technologies available (such as PET or PET/CT scanner and therapeutic radioiodine treatment for Graves disease or thyroid cancer)
- Has full-time subspecialists available (such as pediatric endocrinologists)
- Commitment to best practices (such as high percentage of inpatients seen by member of diabetes program and high percentage of outpatients with documented blood sugar results)
- Commitment to quality improvement (activities such as collecting and analyzing data to improve quality of care)
- Adoption of health information technology (use of electronic medical records and computerized physician order entry to improve patient safety and care)
- Active fellowship program (to provide advanced training in pediatric endocrinology)
- Commitment to clinical research (active participation in clinical trials and bench-to-bedside research)
- Help for families (such as through a family resource center, family support specialists and pediatric psychologists)
- Enlists families in structuring care (such as through a parent advisory committee that meets frequently)



## RESEARCH

### Diabetes trials test faster-acting insulin, new drug therapies

[Michael Gottschalk, M.D.,](#)

[Ph.D.](#), chief of Rady Children's Endocrinology/Diabetes division, a researcher at the [Pediatric Diabetes Research Center](#) and a clinical professor of pediatrics at UC San



Diego School of Medicine, is an investigator for five national clinical trials on diabetes; the first tests the efficacy and safety of a faster-acting insulin, the next three evaluate different means of immune modulation of children recently diagnosed with type 1 diabetes to try and preserve the remaining cells they have left that are producing insulin. The last study tests a medication to

treat pediatric patients with type 2 diabetes mellitus.

1. [Efficacy and Safety of Faster-acting Insulin Aspart Compared to NovoRapid® Both in Combination with Insulin Degludec in Children and Adolescents with Type 1 Diabetes](#): Drug is designed to better mimic the overlap between insulin and the rise in blood sugar from eating. (Ongoing, Closed)
2. [SIMPONI® to Arrest β-cell Loss in Type 1 Diabetes T1GER Protocol CNT0148DML2001: Phase 2a](#): Drug used in other autoimmune diseases that affect children (juvenile idiopathic arthritis, inflammatory bowel disease) aims to stop immune system from destroying beta cells in children recently diagnosed; one-year treatment study, one-year follow-up study (Recruiting)
3. [A Multicenter, Randomized, Partial-Blinded, Placebo-Controlled Study to Evaluate the Safety and Efficacy of a Human Plasma-Derived Alpha1-Proteinase Inhibitor in Subjects with New-Onset Type 1 Diabetes Mellitus Protocol: GTI1302](#): Drug known to affect the immune system aims to suppress part of the immune system to preserve remaining beta cells in children recently diagnosed. (Complete)
4. [A Prospective Randomized Placebo-Controlled Double Blind Clinical Trial to Evaluate the Safety and Efficacy of CLBS03 \(Autologous Ex Vivo Expanded Polyclonal CD4+CD25+CD127lo/-FOXP3+ Regulatory T-cells \[Tregs\]\) in Adolescents with Recent Onset Type 1 Diabetes Mellitus \(T1DM\)](#): Tregs are removed from patients and grown in culture then put back in patients to reset the balance with effector T-cells. (Recruiting)
5. [Efficacy and Safety of Liraglutide in Combination with Metformin Versus Metformin Monotherapy on Glycaemic Control in Children and Adolescents with Type 2 diabetes Trial ID:NN2211-3659](#): Drug approved for adults to suppress the rise of glucose after eating and also helps suppress appetite is being tested in children. (Ongoing, Closed)

[About Us](#) | [About Rady Children's](#) | [Questions & Comments](#) | [Past Issues](#)

Rady Children's Hospital-San Diego | 3020 Children's Way, San Diego, CALIFORNIA 92123  
If you no longer wish to receive emails from Rady Children's Hospital-San Diego, please use this [link](#).