

ESPGHAN Head Office
Durford Mill
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London, 6th January 2016

Dear all,

I spent 5 weeks in Boston, USA, at the end of last year to undergo a short-term fellowship placement at the Massachusetts General Hospital (MGH). During the placement, I was able to visit not only MGH, but other paediatric centres in Boston: Boston Children's Hospital, Beth Israel Deaconess Medical Centre, Brigham & Women's Hospital, Tufts France Stern Nutrition Centre & Floating Hospital for Children and 4 Harvard Catalyst Clinical Research Centres. I observed and documented the nutritional assessment and management of paediatric patients with conditions such as cystic fibrosis, burns, feeding disorders, ICU, oncology, failure to thrive, obesity, metabolic disorders, among others. This gave me the exceptional opportunity to observe the clinical practice of experienced US dietitians in various specialties and settings, as well as learn about the research centres and the studies being undertaken. The visit also created the opportunity for presenting my research and discuss practices between different countries and centres, identifying common grounds and learning about country-specific references and guidelines.

I am currently completing a PhD on the use of body composition measurements and screening tools to improve the nutritional management of paediatric patients. Visiting a highly specialized centre such as MGH gave me the chance to compare clinical practice between the UK and the USA. This will be very valuable for assessing how the implementation of routine body composition measurements and screening tools could be impacted by country differences in clinical practice.

This placement experience was exceptionally valuable, not only for my current research interests, but for future collaborations and my own professional development. All the dietitians and medical staff shared their unique knowledge and experience with me, made every effort to make sure I was observing and learning relevant information, and overall made the visit pleasant and welcoming.

I am very grateful to have been awarded this opportunity by ESPGHAN, without which I would not have been able to attend the placement. The grant was used to cover my travel expenses from London to Boston, local travel in the USA, and accommodation costs.

Yours sincerely,

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