

## Nomination for the ABCD Rising Star award 2024

### Dr Parizad Avari

Consultant in Diabetes and Endocrinology at Imperial College Healthcare NHS Trust and Post-doctoral research fellow at Imperial College London

Dr Avari clinical and research interests focus on the intersection between access and development of technology for high risk populations with type 1 diabetes, inpatient diabetes and those with renal disease. She has a track record in research including papers in high impact factors journals, invited presentations, and involvement in regional and national working groups. She published over 30 articles in peer-reviewed journals within the field of diabetes and diabetes technology

<https://pubmed.ncbi.nlm.nih.gov/?term=avari-p&sort=pubdate>

- Type 1 diabetes: PhD in Clinical Evaluation of a novel adaptive bolus calculator and safety system in Type 1 diabetes, Imperial College London. Her main research interests lie within the field of diabetes, development of novel diabetes technologies and the utilisation of commercial technologies in people considered to be at high risk such as those with impaired awareness of hypoglycaemia, those in hospital and/or with renal impairment.
- Focus on underserved populations who may not have access to advanced technologies to manage diabetes (The impact of socio-economic deprivation on access to diabetes technology in adults with type 1 diabetes. *Diabet Med.* 10.1111/dme.14906). She is first author in a series of articles reviewing role of technology in inpatient diabetes as this is an under explored area in the literature.
- Technology in inpatient diabetes care: a key member in the Joint British Diabetes Societies for Inpatient Care (JBDS-IP) group committee. She is the lead author in 5 papers that led to the development of the first UK and international comprehensive guidance on use of technology in inpatient diabetes care. She is a key author of these guidelines.
- Leadership in Dialysis Care: co-leads NHS England funded project across North West London improving care for people with diabetes on dialysis and pre-renal transplantation. This initiative addresses a specific population with complex needs, often facing socioeconomic disparities.
- Global Health Initiatives: current research project funded by the NIHR Global Health Research Unit, focuses on utilising digital interventions to prevent type 2 diabetes and cardiovascular disease in underserved populations within South Asia.

Dr Avari's impressive career so far spans across several rapidly evolving domains including:

- Clinical Expertise: clinical experience in managing type 1 and type 2 diabetes, with a particular focus on young adults, complications, inpatient diabetes, and kidney disease.
- Technological Innovation: from her PhD, post-doctoral research work and current involvement in JBDS-IP projects.
- Developing the next generation of researchers: She is also a co-supervisor for research projects (2 current BSc students and including previously 7 BSc students and 2 MRes students).

I highly recommend her for the ABCD Rising Star award. (Nominated by Dr Omar Mustafa, King's)