

Three-month certificate course

# Diabetes Educator Program

for nurses and allied healthcare professionals



## About this course

This course delves into various aspects of diabetes management, including understanding the different types of diabetes and their characteristics, the critical role of nutrition counselling in blood sugar management, lifestyle modifications to reduce the impact of diabetes, medical treatments for glucose regulation, safe insulin administration, effective blood glucose monitoring techniques, and strategies for early complication detection and long-term health improvement.



## INTRODUCTION

### About BMJ Group

BMJ Group is a global healthcare knowledge provider with a vision for a healthier world. The values-driven organisation shares knowledge and expertise to improve health outcomes through three key areas: publishing and events, careers and learning, and digital health.

### About Fortis C-DOC Hospital for Diabetes

Fortis C-DOC Centre of Excellence for Diabetes, Metabolic Diseases & Endocrinology, New Delhi, is one of the best centres in India dedicated to delivering world-class care and management of diabetes, related metabolic diseases, and endocrine disorders. It is committed to offering state-of-the-art treatment, procedures, and surgeries.

### About Healthcare Sector Skill Council (HSSC)

Healthcare Sector Skill Council (HSSC) is a non-profit organization working under the aegis of Ministry of Skill Development and Entrepreneurship (MSDE) promoted by healthcare industry and leaders. HSSC is engaged in the development of a quality eco-system for vocational education and skill development in the Indian healthcare sector. HSSC aims to assess and certify candidates on skill qualifications in the healthcare sector including Ayush, the social sector and Hospital management services.

**Vision :** To be an apex body for high quality skilling aligned to healthcare sector requirements, nationally & internationally.

**Mission:** Create a robust and sustainable industry aligned quality skilling eco-system for healthcare sector to bridge the demand and supply gap through skilling, reskilling and upskilling.



### Dr. Prof. Anoop Misra

Chairman, Fortis C-DOC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology  
Chairman, National Diabetes, Obesity and Cholesterol Foundation (N-DOC)  
Vice President, Diabetes Foundation (India) (DFI)



### Dr. Kieran Walsh

Clinical Director – BMJ Learning and Quality, BMJ, UK

Dr Kieran Walsh is Clinical Director at BMJ. He is the clinical lead of the medical education and clinical decision support products at BMJ. He has a vast amount of experience in online medical education, clinical decision support, face to face delivery of medical education, and both summative and formative assessment. He has published over 200 papers in biomedical literature and has written four books: the first and only book on cost effectiveness in medical education; a dictionary of quotations in medical education; a history of medical education in 100 images; and the Oxford Textbook of Medical Education. He is a Fellow of the Higher Education Academy, a Fellow of the Royal College of Physicians of Ireland, a Fellow of the Academy of Medical Educators, and Adjunct Associate Professor at Monash University. In the past he has worked as a hospital doctor specialising in General Internal Medicine and Geriatric Medicine.



## ABOUT COURSE

### Eligibility:

Nurses and allied health care professionals.

### Assessment and Certification

- Assessment: Situational based MCQ
- Certification: By BMJ and HSSC on successful completion of the course
- Criteria for certification: Minimum 70% score on assessment

### Course Fee:

Three-month certificate course: Diabetes Educator – INR 20,000 (inclusive of taxes)

# CURRICULUM

<b>Unit 1</b>	<b>Introduction to Diabetes</b> <ul style="list-style-type: none"><li>• Module 1. Introduction and epidemiology of diabetes</li><li>• Module 2. Diagnosis &amp; classification of diabetes mellitus</li><li>• Module 3. Pathophysiology of diabetes</li><li>• Module 4. Pathogenesis of acute &amp; long term complications</li><li>• Module 5. Identification of high risk individuals</li><li>• Module 6. Clinical approach to a person with diabetes</li></ul>
<b>Unit 2</b>	<b>Lifestyle Modification &amp; Obesity Management</b> <ul style="list-style-type: none"><li>• Module 1. Principles of diet in type I and type 2 diabetes</li><li>• Module 2. Dietary and lifestyle alterations in special situations</li><li>• Module 3. Principles of physical activity in diabetes</li><li>• Module 4. Diagnosis, causes and comorbidities associated with obesity</li><li>• Module 5. Management of obesity</li><li>• Module 6. Non conventional lifestyle &amp; dietary interventions for diabetes &amp; obesity</li></ul>
<b>Unit 3</b>	<b>Pharmacological Management of Diabetes</b> <ul style="list-style-type: none"><li>• Module 1. Evolution of pharmacotherapy of diabetes</li><li>• Module 2. Conventional oral anti-diabetic drugs</li><li>• Module 3. Newer anti- hyperglycaemic drugs</li><li>• Module 4. Principles of insulin therapy: technique, site, dose adjustment</li><li>• Module 5. Insulin delivery device including insulin pumps</li><li>• Module 6. Therapeutic targets and algorithms</li><li>• Module 7. Individualization of goals and choices</li><li>• Module 8. Incretin based Therapy</li></ul>
<b>Unit 4</b>	<b>Management of Complications</b> <ul style="list-style-type: none"><li>• Module 1. Acute complications</li><li>• Module 2. Nephropathy</li><li>• Module 3. Neuropathy</li><li>• Module 4. Retinopathy</li><li>• Module 5. Cardiovascular diseases</li><li>• Module 6. Diabetic foot</li><li>• Module 7. Sexual dysfunction and diabetes</li><li>• Module 8. Infectious &amp; skin diseases</li><li>• Module 9. Diagnosis and management of gestational diabetes mellitus</li></ul>
<b>Unit 5</b>	<b>Co-morbidities in Diabetes</b> <ul style="list-style-type: none"><li>• Module 1. Hypertension in diabetes</li><li>• Module 2. Dyslipidaemia in diabetes</li><li>• Module 3. Diabetes in pregnancy</li><li>• Module 4. Sick days and travel with diabetes</li><li>• Module 5. Diabetes at workplace</li><li>• Module 6. Special consideration in diabetes &amp; Patient education</li><li>• Module 7. Use of social media in the management of diabetes</li><li>• Module 8. Role of Nurses / Diabetic educator</li></ul>

# HSSC CEP

Competency Enhancement Program

## CERTIFICATE OF ACHIEVEMENT

has completed the training

Three-month certificate course

### Diabetes Educator Program

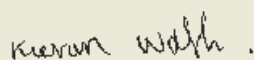
This training on this module will aid in understanding various aspects of diabetes management, the critical role of nutrition counselling and lifestyle modifications to reduce the impact of diabetes

Duration of training \_\_\_\_\_

Training funded/supported by \_\_\_\_\_

Date of Issue : 15 Mar-2023





**Dr. Kieran Walsh**  
Course Director  
London

**Mr. Ashish Jain**  
Chief Executive Officer  
Healthcare Sector Skill Council

(This certificate does not relate to National Skills Qualification Framework notified by Government of India)

## BMJ Group

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