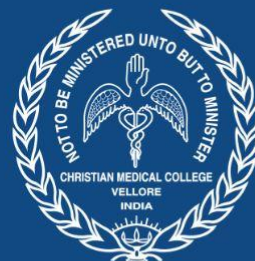


CHRISTIAN MEDICAL COLLEGE VELLORE, INDIA

DEPARTMENT OF DISTANCE EDUCATION
&
DEPARTMENT OF ENDOCRINOLOGY,
DIABETES & METABOLISM



PROSPECTUS 2023
DISTANCE FELLOWSHIP IN
DIABETES MANAGEMENT (DFID)

PROSPECTUS

2023



Distance Fellowship In Diabetes Management (DFID)

(1 YEAR BLENDED LEARNING COURSE)

**ADMISSION TO THIS COURSE IS SUBJECT TO APPLICABLE REGULATIONS BY
THE CMC ADMINISTRATION**

Admission to CMC VELLORE is through the process described in the prospectus. No fee or donation or any other payments are accepted in lieu of admission, other than what has been prescribed in the prospectus.

Therefore, the General Public is cautioned not to be lured by any person / persons offering admission to any of the courses conducted by CMC. Should any prospective candidate be approached by any person / persons, this may immediately be reported to the law enforcement agencies for suitable action and also brought to the notice of the College at the following address:

Please note: We do not admit students through agents or agencies. The college will not be responsible for any dealings with such person / persons.

**Department of Distance Education,
No. 95, Balanilayam,
Sanjeevipuram Main Road,
Bagayam (P.O.),
Christian Medical College,
Vellore- 632002
Mobile : 9385285894
Phone +91 - 416 – 2285590
Email: info@cmcdistedu.org
Website: <http://courses.cmcdistedu.org/>**

IMPORTANT INFORMATION

Please note: We do not admit students through agents or agencies.

The college will not be responsible for any dealings with such person / persons

IMPORTANT INFORMATION

The purpose of this course is to impart knowledge and provide skills upgradation for Post graduate medical practitioners in Diabetes management and care. This is not equivalent to any Doctorate or Super speciality residential courses in Endocrinology such as DM/DNB (Super Speciality). Currently, this course is not affiliated to any university nor recognized by the MCI/NMC.

I. PREAMBLE

The total adult population (20-79 years) in the world as of 2021 is 5.37 billion and an estimated prevalence of diabetes among them is 10.5% . Globally, the expected rise among the adult population (20-79 years) in 2045 is 6.43 billion and the projection for the prevalence of diabetes among them is expected to rise to 46%. India ranks number two in the population of diabetics with 74.2 million in 2021, which is expected to rise to 124.9 million in 2045 (International Diabetes Federation Diabetes Atlas, 10th Edition, 2021, pp: 32-37). Though the cost burden to the nation is not exactly known, the morbidity and mortality of this condition are now comparable to tuberculosis. Diabetes prevalence has also been rising more rapidly in middle- and low-income countries. WHO projects that diabetes will be the 7th leading cause of death in 2030. While the complications associated with diabetes can be extensive, this disorder can be treated and its consequences avoided or delayed with diet, physical activity, medication, and regular screening and treatment for complications.

A physician can be trained in the effective management of diabetes, to be able to offer a **“single-window integrated diabetes care”**. The Department of Endocrinology, Diabetes & metabolism along with the Distance Education Unit at CMC, Vellore offers this type of training on a blended learning platform, without having to displace the physician from his/her place of practice. By offering this type of integrated care, the patient does not have to go to a tertiary care institution or to an endocrinologist, preventing expenditure on a chronic disease that has the potential to adversely affect their income.

II. OBJECTIVES

At the end of this program the candidate should be able to:

1. Systematize, a preventing and promoting health care approach for diabetes mellitus.
2. Describe in detail the diagnosis of diabetes mellitus and all its complications.
3. Start a diabetic clinic on a regular basis with the aim of closely monitoring the patients.
4. Choose with sophistication the various modalities of treatment including oral antidiabetics and insulin.
5. Identify and manage the various complications of diabetes including hypertension, cardiac, renal, neurological & foot-related complications.
6. Refer appropriately to cardiac, renal, or surgical centers.
7. Develop a functional team to handle an integrated diabetic clinic.

III. ELIGIBILITY CRITERIA

Educational Qualifications:

- a Doctors with MD/DNB in General Medicine/ Internal Medicine/ Family Medicine.
- b Doctors who have completed the Post Graduate Diploma in Family medicine (PGDFM) or Masters of Medicine in Family Medicine (M.Med) from CMC Vellore. (All requirements in the PGDFM and/or M.Med course must be completed before a candidate can enrol for the DFID course. This includes but is not limited to completing the project work, theory/practical examinations., assignments, attendance during contact programs and obtaining the CMC awarded diploma)
- c Doctors with MRCGP Qualification
- d Doctors with MDGP (General Practice) from Nepal/ FCGP from SAARC Countries
- e. Mission Hospital Doctors / Government doctors / NGOs / Doctors working in rural areas with any Post Graduate Degree.

Due consideration will be given to but not limited to the following criteria:

- Women candidates.
- Candidates working in Government set up / Mission Hospitals/ Remote rural areas.
- Candidates between 35-50 years of age.
- Evaluation of the “Reason for Applying” as stated by the candidate in the application form.

Note: -

1. **Candidates who are currently enrolled (and not completed) in any other courses of the CMC, Distance Education Unit are not eligible to apply.**
2. **The selection of a candidate is at the sole discretion of the Selection Committee. Any attempt by the candidate or their relatives to influence the admission process in an unlawful manner can lead to disqualification of the candidate**

IV. DEPUTATION OF DIABETES EDUCATOR / COUNSELLOR

As the emphasis of the course is not only to promote integrated diabetes management but also the team concept in the management of diabetes, **one of the mandatory requirements of the course is to depute a team member to be trained (complete the training with the certificate) as a Diabetic Educator / Counsellor.** (Refer Annexure I for “Role of a Diabetic educator”)

Each candidate enrolling for the course should depute either a **nurse/dietician/physiotherapist** to be trained as a Diabetes Educator / Counsellor.

The course for the Diabetic Educator/Counsellor is conducted by the Department of Endocrinology, Diabetes and Metabolism three to four times a year. There is a separate fee that needs to be paid directly to the Endocrine department. The current course fees for the diabetic educator program is Rs.12850/- (this fees is to be paid directly to the endocrine dept before enrolling the diabetic educator, the fees indicated is as on date and can be subject to revision). This training will consist of live online sessions & hands-on sessions at CMC, Vellore. Travel and accommodation charges have to be borne by the candidate

deputed for the training. Further details of the training can be obtained from the Department of Endocrinology, Diabetes, and Metabolism from:

The Secretary,
Diabetes Educator/ Counsellor Course,
Department Of Endocrinology, Diabetes, and Metabolism
Christian Medical College, Vellore 632 004
Tel: 0416-228-3437
Email: insulin05cmc@gmail.com

V. FOREIGN CANDIDATES

Candidates residing outside India may also apply for this course. Those who apply from abroad should have a post-graduate level Medicine or Family Medicine degree. The fee structure will vary according to the country from which the candidate is applying.

Among the candidates from abroad, NRIs and candidates from SAARC nations will be given preference, provided they meet the basic eligibility criteria.

DOCUMENTS TO BE UPLOADED ONLINE BY FOREIGN NATIONALS & NRIs:

Foreign Nationals:

Foreign nationals should upload a photocopy of their passport or any other documentary proof of citizenship in the online application form.

Non-Resident Indians (NRIs):

NRIs should submit documentary proof in support of residing in a foreign country for more than three years at the time of applying for the DFID course, along with the application. This needs to be uploaded in the online application form.

It is ***NOT** mandatory* for candidates living abroad to depute a person for the Diabetes Educator/Counsellor training.

VI. COURSE DETAILS

No. of seats: 75 (Max)

VI. 1. Duration

This is a one year ‘blended learning course’ involving both self-learning modules, as well as hands-on skills training in the form of two contact programs.

VI. 2. CURRICULUM

VI. 2. 1 Self-Learning Modules

The course content has self-learning modules which are presented in four volumes with six to seven modules in each volume. These are written in simple and interesting self-learning format. There will be self-assessments to encourage the readers.

LIST OF MODULES:

VOLUME	MODULE NO	TOPIC
1	1	Physiology of Diabetes
	2	Pathogenesis, Diagnosis, and Follow-up of Diabetes
	3	Nutritional Therapy in Diabetes
	4	Exercise in Diabetes
	5	Counseling in Diabetes
	6	Oral Antidiabetic Agents
2	7	Parental Therapy in Diabetes
	8	Practical Aspects of Insulin Therapy in Diabetes
	9	The Foot in Diabetes
	10	Neuropathy in Diabetes
	11	Footwear in Diabetes
	12	Hypertension in Diabetes
3	13	Cardiovascular Disease in Diabetes – Part 1
	14	Cardiovascular Disease in Diabetes – Part 2
	15	Nephropathy in Diabetes
	16	Diabetic Retinopathy
	17	Emergencies in Diabetes
	18	Infections in Diabetes
4	19	Pregnancy and Diabetes
	20	Diabetes in Childhood and Adolescence
	21	Surgery and Anesthesia in Diabetes
	22	Laboratory and Gadgets in Diabetes
	23	Diabetic Autonomic Neuropathy
	24	Secondary Diabetes and Other Specific Types of Diabetes
	25	The Concept of Integrated Diabetes Care

VI. 2. 2. Video Lectures

A series of 19 videos will complement the written material.

1. Physiology of Diabetes	10. Peripheral Neuropathy
2. Pathogenesis of Diabetes	11. Footwear in Diabetes
3. Nutrition in Diabetes Management	12. Cardiovascular disease & Dyslipidemia in Diabetes
4. Exercise in Diabetes Management	13. Hypertension and Neuropathy
5. Counseling in Diabetes Management	14. Diabetic Retinopathy
6. Oral Antidiabetic Agents	15. Emergency in Diabetes
7. Insulin therapy	16. Infections in Diabetes
8. Practical Aspects of Insulin Therapy in Diabetes	17. Pregnancy in Diabetes
9. Foot Care in Diabetes	18. Childhood Diabetes
	19. Summing it all up: Integrated Diabetes Care

VI. 2. 3. Contact programs (CP)

Contact Programs(CP) are a vital component of the course. In an academic year we have two contact programs and the candidate is required to participate in both contact programs for completion of the course.

Contact program 1: This involves class-room teaching on the various aspects of diabetes and its management and practical exposure to the various aspects of integrated diabetes care. This program will be conducted 3-4 times in a year in batches of 15 to 20 students per program. You could choose to attend any one of these sessions.

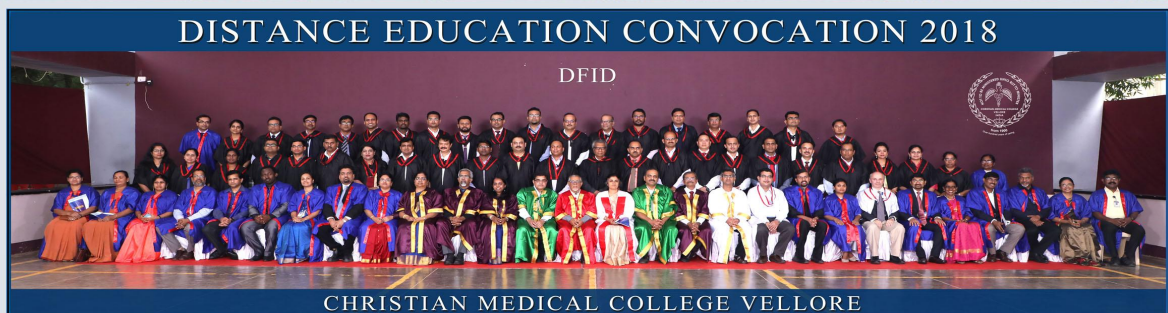
Contact program 2: This is a clinical contact program to further strengthen hands-on training in the various aspects of diabetes management. This involves more intense exposure to outpatient diabetes management, evolving management plans for diabetic patients, patient workup and presentation, fundus examination, management of patients in a foot care clinic, and observing and assisting with other relevant procedures. This

program will be conducted around the year in batches of 2 to 3 students per week for a duration of three days.

Efforts will be made to accommodate the preferred week of the candidate but this cannot be assured.

The candidates are expected to arrange their travel, food and accommodation during the contact programs at their own cost. The daily sessions will be from 8am to 6pm and all practical aspects of diabetes care will be covered during this time. The postings will comprise of:

OPD – 3 days, covering Foot clinic for 2 hours, Ophthalmology clinic for 2 hours, Diet clinic for 1 hour, Ward rounds for 2 hours, Journal meeting for 1 hour etc.



VI. 3. Assessment

The course assessment is done in two parts: Summative assessment and Formative assessment

Summative Assessment:

- **Exit examination (theory) at the end of the course.**

Assesses knowledge and its application in clinical practice, and theoretical aspects of practical skills. The theory paper comprises objective type questions as well as visual examination of clinical pictures, which will assess all the broad areas of diabetes management.

The outgoing theory examination conducted at the end of the academic year for the batch is considered as the “First Attempt” for the candidate. If the candidate is unable to appear for the exam in the first attempt, all subsequent attempts are treated as supplementary. There is a fee of Rs.1000 (One Thousand Rupees) for every supplementary examination attempt.

Formative Assessment:

This includes the following components:

1. **Internal Assessments** during Contact Programs.
2. **Logbooks** to record reflections on the day’s learning and how this will impact on future clinical practice.
3. **Assignments** to be completed and submitted at the end of each module. These are carefully designed in order to assess the candidates’ ability to integrate skills, attitudes and values with theoretical knowledge.
4. **Project-Work:** The purpose of the project in the DFID course is to provide an opportunity for the candidate to apply the knowledge, methods, and insights developed through coursework and professional experience to make relevant changes in the clinical practice and the management of diabetes or to analyse a significant problem or issue in the field of diabetes management. Since the program offers a variety of options to fit the candidates’ needs and interests, it is anticipated that the projects will vary considerably in focus and method of application and investigation. The teaching faculty will provide input towards the project
5. **Requirement for 100% attendance at both the Contact Sessions** where participatory learning takes place because of the range of teaching methods employed by the facilitators. These focus on exploring knowledge, skills and attitudes required to deliver high quality integrated diabetes care.

VII. CRITERIA FOR THE AWARD OF THE DIABETES FELLOWSHIP

- i. A minimum score of 50% in each of the following components:
 - Final Theory Examination
 - Internal Assessments
 - Assignments (online submission)

- Project work.
- ii. Deputing Diabetic Educator (applicable only for doctors residing in India)
- iii. 100% attendance in both the contact programs.

VIII. COMMUNICATIONS & STUDENT SUPPORT

Emails are preferred for any course-related communication. There are dedicated student support personnel who will assist the candidate during office hours on all working days (Mon to Friday 8:30am to 4:30pm & Saturday 8:30am to 12pm).

All queries can be sent to the info@cmcdistedu.org email or you can contact the Student Support desk @ 0416 – 2285590.

IX. COURSE FEES

- **Fees for Indian citizens residing and working in India:**
Application Fee: Rs.1000
Course Fee: Rs. 90,000
- **SAARC Nationals (Except India) residing and working in SAARC Countries**
Application Fee: US \$30
Course Fee: US \$1600
- **Foreign nationals and Non - Residential Indians**
Application Fee : US \$60
Course Fee: US \$2500

The DFID course fee break up is given in the table below:

S.No	Category	Course fee break up		
		Indian Nationals (INR)	Foreign Nationals & NRI (US\$)	SAARC Nationals (US\$)
1.	Course Study material	35,000	975	625
2.	Tuition Fees	42,000	1175	750
3.	Course Administration Cost	13,000	350	225
Total fees		90,000	2,500	1,600

Note: -

1. Application fee and course fee once paid will not be refunded for any reason.
2. The course fees does include the courier charges for the booklets, Foreign candidate to note that the fees prescribed does not include any possible customs duty levied in your country; this has to be borne by the candidate.
3. The course fees and application fees excludes any bank transfer charges or exchange charges (if any). Those charges shall be borne by the candidates at their end.

X. ONLINE APPLICATION PROCESS

Applications for the DFID course are available online on the College Admissions webpage. The application has to be submitted with a non- refundable application fee.

To apply, click on the link <http://courses.cmcdistedu.org> and ensure that all fields are filled completely.

The following are required to be uploaded along with the application form:

STEP 1: SOFT COPY OF PHOTOGRAPH

- The photograph must be in color and plain background is recommended.
- The photograph must be taken in a white or a very light background
- Image should be in jpg, jpeg or png format with specifications - width 3.5 x 4.5 cm and less than 250 KB.

STEP 2. Scanned Certificates: (PDF format only, <1.5Mb)

- i. MBBS Certificate
- ii. Post-Graduate degree/diploma certificates: MD / DNB (General medicine), DNB (Family medicine), PGDFM / M.Med certificate (CMC,Vellore), MRCGP or MDGP from Nepal or FCGP from SAARC countries.
- iii. Current work experience certificate
 - a. Scan the certificates using a scanner at 200 pixels per inch (dpi).
 - b. Save this as a pdf file.

For Foreign/SAARC Nationals/NRI

1. Scanned copy of passport or any other proof of nationality (PDF format,<1.5mb)
2. Non-Residential Indians: Documentary proof in support of residing in foreign country for more than 3 years (PDF format,<1.5mb). NRI candidates are required to submit a copy of their passport along with their stamped and valid visa page on the passport.

STEP 3. Scanned copy of the Signature:

Signature to be scanned and uploaded (jpg, jpeg or png and size <250 kb)

STEP 4: MODE OF PAYMENT:

Online payment: Use a credit / debit card / net banking

When using a credit / debit card, if the transaction is not successful, but the amount is debited from your account, please wait for two working days. The transaction is likely to be completed during this period. If the transaction is not complete within this period, please contact us at forms@cmcdistedu.org

Payment mode for SAARC/NRI/Foreign nationals:

The payment can be done through the wire transfer mode. After submission of the application form you will be redirected to the page where you can download the wire transfer documents. The currency exchange rate will be the market rate as on the date of the payment.

N.B. The Information provided in the online application form will be considered as final. No further changes will be permitted.

**For any further clarification, please contact the Distance Education Office
at the address given below:**

**The Coordinator
Department of Distance Education
Christian Medical College,
Bala Nilayam, No. 95,
Sanjeevipuram Main Road, Bagayam (P.O.),
Vellore- 632002
Mobile No: 9385285894, Landline: 0416 – 2285590
Email: info@cmcdistedu.org.**



***Please click on the link given below for information about the
Diabetic Educator training***

[http://courses.cmcdistedu.org/DE details Annexure.pdf](http://courses.cmcdistedu.org/DE%20details%20Annexure.pdf)

Feedback from some of our DFID alumni ...

DFID has changed the way I manage my patients for the better. My patients and I are able to see the difference it is making in their lives. Many times patients have exclaimed: “Nobody [including me] has examined me like this before ; nobody has told me this before!” Now my patients have better glycemic control, follow better foot care, a healthy lifestyle and are able to adjust their insulin in an intelligent way. Most importantly, they in turn educate others. The course has empowered me with this experience by the Distance Education system.

Dr. Ruby Samuel .T, Dammam, Saudi Arabia.

The story of my association with this great, yet humble institution, CMC, started in March 2012, when I was posted to a small town of the northeast, as a physician in the Indian army hospital. I used to think that as a physician, I knew diabetes was similar to the back of the hand, but still the interest of getting a chance to experience CMC tempted me to join DFID. The use of the course material was similar to travelling a known road with a completely new style and experience. Finally, the contact programs arrived as a life-changing moment for me. Seeing the doctors, paramedical staff, and various other officials working with a smiling face made me realize that even a smile can bring new life to the patients. It is this capacity to greet even the 100th patient with the same freshness and smile, which attracts clientele from the entire nation and so many neighbouring countries. Some of it comes from cities which have 2-3 medical colleges and corporate style hospitals.

I graduated from Armed Forces Medical College and was under the impression that no institution could have teaching methods better than us. But during DFID I felt that we still needed to fill up a few gaps.

The innovative teaching and working style of CMC which inculcates a feeling to serve the nation and the community deserves a salute. After this course, I developed a new style in diabetes management, which had a community angle to it. I have learned not only diabetes better, but this course has made me a better human being and a better doctor. All the CMC, its workforce, which has this attitude of serving the community, has made a deep impact on my mind. I wish I could get a chance in the future, to serve the community through this great institution. Jai Hind.

Dr. Sudeep Prakash, Indian Army.

Very glad I joined the course. I think it is the best program in India, especially for those doctors who cannot dedicate an entire year full time for the same. I have compared the DFID course with many other similar fellowships offered and I can confidently say that none other even comes close. The dedication and enthusiasm of the faculty in endocrinology was great. Overall a fantastic experience. I wouldn't mind coming back for a refresher course again. I highly recommend this course for anyone with even the slightest interest in diabetology.

Dr. Imran Rafiq Shaikh, Pune, Maharashtra

The DFID program has imparted the apt skills related to Diabetes. I appreciate how you have created such a fantastic environment to learn. The tutelage given by the faculty enabled me to be a better diabetic caregiver. I am indeed honoured for being a part of your prestigious institution. The DFID programme is a definite assistance to many more doctors like me, so that we can serve the needy communities of our society.

Dr. Harsha Jyoti Chutia, Dibrugarh, Assam.

The Distance Education programme on diabetes management was excellent. It was the best clinical training upgrade after my MD. I could start a diabetes clinic on a small scale at our hospital, a Government Taluk Head-Quarters hospital. As a result, the management of patients has become more systematic. Compared to post MD days, one can now more confidently manage diabetes. We are now able to pick up cases of pancreatic diabetes, Emphysematous pyelonephritis, Charcot joints, etc. Besides, the management of Diabetic foot ulcers also has improved. Doing the project was also very rewarding. Type 1 diabetics, even tribal children now use glucometers at home (which we could provide them with the help of the tribal welfare department).

I also was able to take classes at IMA and other avenues on the management of diabetes, thereby helping others to improve their own practice.

Dr. Vineeth Gladson, Sultan Bathery, Wayanad, Kerala.
