

CHRISTIAN MEDICAL COLLEGE VELLORE, INDIA

Department of Geriatrics
&
Department of Distance Education



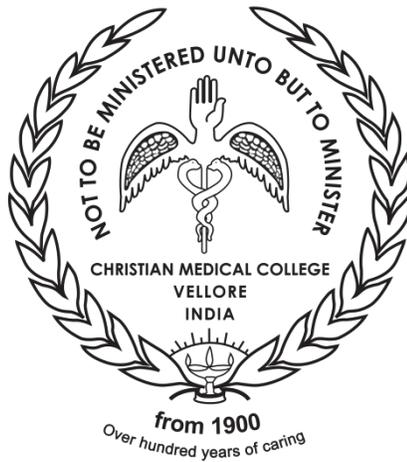
Post Graduate Diploma in
Geriatric Medicine (PGDG)



PROSPECTUS 2019

PROSPECTUS

2019



Post Graduate Diploma in Geriatrics (PGDG)
(1 YEAR DISTANCE EDUCATION COURSE for MBBS/PG Doctors)

**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:

**Department of Distance Education,
3/1, Arni Road,
1st Floor, above Shalom Clinic
CMC, Vellore - 632001
Phone +91 - 416 – 2285601
Email: geriatrics@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**

1. PREAMBLE

India is in a phase of demographic transition and the geriatric population is burgeoning. Care of the elderly in need of medical attention is often fragmented among multiple “specialists”, as these patients have multiple comorbidities and psychosocial issues. Therefore, there is an urgent need to produce physicians who not only understand the unique health problems in the elderly, but possess a repertoire of clinical competencies to deal with them. Geriatrics is the only “speciality” which knits these myriad physical, psychosocial, financial and emotional problems in each individual together into a tapestry which still remains beautiful. With inputs from Allied Health and the Nursing faculty, the doctor is able to help the elderly in the autumn of their lives. There are very few centres offering a MCI recognised MD in Geriatrics training program in India. With this one year hybrid/blended fellowship in Geriatrics, we can help to increase the pool of trained manpower in the country, so as to deliver cost effective, holistic care to the senior citizens of this country. We aim to train doctors from primary and secondary hospitals to make an impact on the health care of the elderly in their community. The competencies they gain with this curriculum will enable them to deliver effective preventive, curative, rehabilitative, promotive and palliative care to our ageing population.

This one year program uses many teaching-learning techniques to make adult learning both stimulating and interesting – contact classes include interactive lectures, clinics, skills development and assessments. Assessments are formative in nature with case vignettes, discussion boards and self-learning modules. The course also has a strong component of ethics, values and social responsibility. Summative assessments are both written and practical in nature. All this enables the doctor at the periphery to recognize geriatric syndromes early and deal with them, as much as possible, at the grass root level.

We choose aspirants who are interested to aim to improve the quality of life of an older person in their community. To this end, God be their helper.

2. COURSE OBJECTIVES

The aim of this curriculum is to create a cadre of medical professionals in the care of the older person, who would

- provide comprehensive health care and rehabilitation to the elderly
- be competent to make changes in the community leading to a better life for the elderly

The course would essentially cover -

- a. Basic sciences: biology of human ageing, immunology of ageing
- b. Gerontology
- c. Clinical geriatrics – Cardiology, Pulmonary medicine, Neurology, Endocrinology, Nephrology, Gastroenterology, Psychiatry, Urogynaecology, Pain management and Palliative Care
- d. Rehabilitation – post stroke, cardiac and pulmonary rehabilitation and rehabilitation following acute medical illnesses
- e. Preventive geriatrics and National Programs for the elderly

Skills

The doctor should be able to perform the following with a high level of integrity and competency, in the spirit of Christ

- a. A comprehensive geriatric assessment on every patient
- b. Recognise and address the geriatric syndromes and emergencies
- c. Prescribe drugs rationally and give a comprehensive care plan to the patients and their families
- d. Plan a rehabilitation program for the patient
- e. Plan out preventive strategies for problems faced by the elderly in the community
- f. Be an effective communicator and a visionary leader

3. NO OF SEATS: 50

4. COURSE DURATION: 1 Year

This is a one year 'blended learning course' involving both self-learning, as well as a hands-on component in the form of two contact programs

5. ELIGIBILITY CRITERIA

This course is open to Indian citizens residing in India.

1. All candidates must possess a valid MBBS degree certificate
2. Candidates possessing higher degrees, diplomas or Fellowships can apply
3. All candidates must possess a valid MCI/ State Medical Council registration

6. SELECTION PROCESS

- Up to 40% of the seats in the course will be reserved for women
- Up to 50% of the seats will be reserved for sponsored candidates (See Annexure I)

Weightage in selection will be given to those

- in practice for over 10 years
- in Mission hospitals, rural practice and those working in areas of need (See Annexure II)
- with a passion for setting up a Geriatric practice at their workplace

Candidates from Mission hospitals and Area of need must furnish a letter from the head of Hospital/Institution as per the format given in Annexure III

There is no Entrance Test. Candidates will be chosen based on the above criteria, as per the discretion of the Selection Committee for this course. The decision of the committee is final.

7. COURSE COMPONENTS

1. Self-learning modules – for updating knowledge base
2. 12 days of contact programs – for developing the core clinical skills in Geriatrics
3. Assignments to be worked on throughout the course and submitted
4. Project
5. Participating on the discussion board

7.1. Self-learning modules

The knowledge component of the course is designed in the form of printed booklets and online modules.

The study material has been designed to inculcate the practice of self-studying and practical application of this theoretical knowledge. Several case vignettes based on common clinical scenarios have been designed to enable this learning. The Learning material will be provided only on an Online platform.

Table 1: List of Self Learning modules

SI No	Online Modules	SI No	Online Modules
1	Diabetes Mellitus	15	Parkinsons
2	Disorders of the thyroid	16	Peripheral Neuropathy
3	Hypertension	17	Anemia
4	Delirium	18	Renal Disease
5	Breathlessness	19	Falls
6	Abdominal Pain	20	Comprehensive geriatric assessment
7	Constipation	21	Frailty
8	Urinary Tract Infection	22	Osteoporosis & Osteomalacia
9	Dementia	23	Insomnia
10	Incontinence	24	Alcohol abuse
11	Chronic Obstructive Pulmonary Disease	25	Diet
12	Ischemic heart disease / Congestive Cardiac Failure	26	Cancer Screening
13	Depression	27	Palliative care and Legal terms
14	Cerebrovascular Accident	28	Overview of Geriatrics
			Geriatric Dermatitis

7.2. Contact Programs

The contact programs form a very important part of the course. Candidates will be required to attend two compulsory contact programs during the course period. These are intensive sessions of 12 x 8= 96 hours duration.

Contact session-1	6 days	Contact session-2	6 days
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Note: 90% attendance is mandatory for course completion

The objectives of the contact sessions are

1. Impart a vision to practice ethical, rational and evidence - based medicine
2. Obtain a strong overview of the principles of Geriatrics
3. Motivate the practice of holistic health care
4. Augment theory knowledge and hone one's basic clinical skills
5. Discuss broad clinical approaches in the care of an older adult
6. Provide formative assessment through face to face interactions and log books

The contact sessions focus on participatory learning involving a wide range of teaching methods employed by the facilitators. These focus on exploring the skills and attitudes required to practice high quality Geriatrics through small group discussions, role plays, debates, individual and group presentations. The students can also observe consultants in the out-patient and discuss inpatients. Group discussions and role plays will be arranged to present concepts pertaining to ethics, communication skills and other aspects of professionalism.

Table 2. List of Clinical Skills

2.1 General Skills

GERIATRIC SKILLS	
1	Consultation and communication, counseling
2	Team management and leadership skills
3	Management skills for all common health problems and emergencies (with problem-based, algorithmic, protocol-based approach and rational prescription and investigations)
5	Chronic disease management and follow-up
6	Skills for prevention, promotion and counseling activities

2.2 Core Geriatric Skills

A	AGEING	F	DOCTOR AS PROFESSIONAL
1	Ageing changes	1	Professional behavior, skills and attitudes
B	GERIATRIC GIANTS	2	Lead role in complex care
1	Problems with cognition	3	Doctor / patient relationship
2	Instability/falls	G	CO-ORDINATION OF CARE
3	Incontinence	1	Government programs
C	MANAGING MULTIPLE PROBLEMS	2	Specific communication skills
1	Multiple co-morbidities	H	HEALTH SERVICE STRUCTURE
2	Working in teams	1	Legal framework
3	Maintaining patient records	2	Consent and capacity to consent
4	Confidentiality	3	Ethics
D	RATIONAL DRUG PRESCRIBING		
E	HOLISTIC CARE		
1	Elder abuse		
2	Carers and carer burden		
3	The role of the multidisciplinary team		
4	Rehabilitation		

7.4. Assignments

Assignments are a course requirement. All assignment will have to be submitted online. These assignments are to be submitted periodically prior to the due dates, as partial fulfillment of the course.

7.5. Project

The candidates are also required to complete a project in order to be eligible to graduate.

Project work requires some fact finding, applied learning and basic research methodology and paper writing skills. Details about the project will be intimated during the course.

8. ASSESSMENTS

The assessments are both formative and summative. These assessments are essential for course completion.

8.1. Formative Assessments:

1. **Log Books** for documentation of the skills practiced and reflections from the contact program
2. **Assignments** to be completed and submitted at the end of each module. These are carefully designed in a range of styles to assess the candidates' ability to integrate skills, attitudes and values with theoretical knowledge.
3. **Project-work** that requires some fact finding and applied learning

8.2. Summative Assessments:

- This includes both a theoretical and practical component and will be conducted at the end of the 2nd Contact Program.

9. CRITERIA FOR THE AWARD OF DEGREE:

A candidate should fulfill the following criteria for the successful completion of the course.

50% IN SUMMATIVE ASSESSMENT	50% IN FORMATIVE ASSESSMENT	90% ATTENDANCE DURING CP
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The course should be completed within a maximum period of 2 years.

There will be a special award each year for the “Student of the Year”. This will be based on – the results of the formative and summative assessments, and the impact made by the student in Geriatrics at his/her place of work. This is in honor of Dr. Sarala Elisha, who was the inspiration behind this program.

10. COURSE FEE

Fees for Indian citizens residing and working in India:

- Course Fee: Rs. 75,000/-

FEE BREAKUP

NO	Description	Rate
1	Study Material Cost (online material, videos, Contact program materials)	35,000/-
2	Tuition fees	25,000/-
3	Administrative cost	15,000-
	Total fees	75,000/-

Application fee and course fee once paid will not be refunded for any reason.

Scholarships

Scholarships are available for candidates who might need financial assistance.

Further information can be obtained by sending an email to geriatrics@cmcdistedu.org

11. SUBMISSION OF APPLICATION

ONLINE APPLICATION PROCESS

Applications for the PGDG course are open online on the College Admissions webpage (www.admissions.cmcvellore.ac.in) from 3rd May to 3rd June 2019. The application has to be submitted with a basic, non- refundable application fee of Rs.1000/-

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.

1. SOFT COPY OF PHOTOGRAPH

- The photograph must be in color and **must be taken in a professional studio.** Photograph taken using a Mobile phone and other self-composed portraits are NOT acceptable.
- Photograph must be taken against 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.

2. SOFT COPY OF CERTIFICATES

Scanned copy of the certificates that are to be uploaded include the following:

- (a) MBBS degree certificate (mandatory)
- (b) MCI or State Medical Council registration Certificate (mandatory)
- (c) Other higher education certificates (MD or DNB) if applicable
- (d) MCI Screening test certificate (if the candidate has completed MBBS abroad)
 - Scan the certificates using scanner at 200 pixels per inch (dpi).
 - Ensure that the PDF file size is between 50KB and 500 KB.
 - ONLY PDF Files will be accepted.

Mode of Payment

1. 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**

FOR ANY CLARIFICATIONS, PLEASE CONTACT THE DISTANCE EDUCATION DEPT OFFICE

Email : geriatrics@cmcdistedu.org

Phone : +91 (416) 2285601

N.B.: THE INFORMATION PROVIDED ON THE APPLICATION FORM WILL BE TAKEN AS FINAL. NO CHANGES WILL BE PERMITTED.

ANNEXURE I

List of sponsoring bodies and churches of the CMC Vellore Council (Category 01)

1. Andhra Evangelical Lutheran Church
2. Arcot Lutheran Church
3. Assemblies of God in North India
4. Baptist Church of Mizoram
5. Chaldean Syrian Church of the East
6. Christian Assemblies in India
7. Christian Service Society of the Bengal- Orissa
- Bihar Baptist Convention
8. Church of North India, Nagpur Diocese
9. Church of North India Synod - The Synodical
Board of Health services
10. C.S.I. Coimbatore Diocese
11. C.S.I. Diocese of Dornakal
12. C.S.I. Kanyakumari Diocese
13. C.S.I. Karimnagar Diocese
14. C.S.I. Karnataka Diocese Inter Diocesan Medical
Board
15. C.S.I. Krishna - Godavari Diocese
16. C.S.I. Madras Diocese
17. C.S.I. Madhya Kerala Diocese
18. C.S.I. Madurai-Ramnad Diocese
19. C.S.I. Medak Diocese
20. C.S.I. North Kerala Diocese
21. C.S.I. Rayalaseema Diocese
22. C.S.I. South Kerala Diocese
23. C.S.I. Tiruchy-Tanjore Diocese
24. C.S.I. Tirunelveli Diocese
25. C.S.I. Vellore Diocese
26. Council of Baptist Churches in North East
India
27. Council of Christian Hospitals
28. Eastern Regional Board of Health Services
29. Emmanuel Hospital Association
30. Evangelical Lutheran Church in Madhya
Pradesh
31. Gossner Evangelical Lutheran Church
32. India Evangelical Lutheran Church
33. Inter Ashram Fellowship
34. Jeypore Evangelical Lutheran Church
35. Khasi Jaintia Presbyterian Church Synod
36. Kolhapur Church Council
37. Malankara Jacobite Syrian Orthodox
Church
38. Malankara Orthodox Syrian Church
Catholicate of the East
39. Marathi Mission
40. Mar Thoma Syrian Church of Malabar
41. Mennonite Medical Board of the
Mennonite Church in India.
42. Methodist Church in India
43. Mizoram Presbyterian Church Synod
44. North Bank Baptist Christian Association
45. Poona Christian Medical Association
46. Salvation Army South Eastern India
Territory
47. Salvation Army South Western India
Territory
48. Salvation Army Western India Territory
49. Samavesam of Telugu Baptist Churches
50. Southern Asia Division of Seventh Day
Adventists
51. Tamil Evangelical Lutheran Church
52. U.P. Regional Board of Health Services
53. The Leprosy Mission
54. Christoffel Blinden Mission
55. C.S.I. Jaffna Diocese
56. International Mission Board, Southern
Baptist Convention
57. South East Asia Union Mission of SDA Singapore
58. United Mission to Nepal
59. Christian Medical College, Vellore
60. College of Nursing, CMC
61. Undergraduate College Sponsorship for Christians

I. Definition of “Areas of need”:

Areas – of – need Categories:

ANNEXURE II

01 - Sponsored Candidates who belong to one or more of the following categories:

Category Sub-type	Description of the area of need
01 A	Sponsored Candidates presently working / have worked in these specified states: Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland, Sikkim, Tripura, Odisha, Andaman & Nicobar Islands, Uttar Pradesh, Uttarakhand, Madhya Pradesh, Chhattisgarh, Bihar, Jharkhand, Jammu & Kashmir, Himachal Pradesh, Rajasthan, Lakshadweep
01 B	Sponsored Candidates presently working / have worked in Government /Quasi Government (including Armed Forces etc.)
01 C	Sponsored Candidates presently working / have worked Registered NGO hospitals (includes NGOs working with need-based health spheres such as HIV home care, palliative care, geriatrics, disabilities etc. or involved in tribal /rural work/work in slums)

02 - Non-Sponsored Candidates working in area of need who belong to one or more of the following categories:

Category Sub-type	Description of the area of need
02 A	Non-sponsored Candidates presently working / have worked in Government /Quasi Government (including Armed Forces etc.) hospitals/institutions.
02 B	Non-sponsored Candidates presently working / have worked with Registered NGOs (includes NGO hospitals and other need-based health spheres such as HIV home care, palliative care, geriatrics, disabilities etc. or involved in tribal /rural work/work in slums)

ANNEXURE III

Letter from head of Hospital to be provided as per format given below:

Format of Letter to be filled by the Head of the Hospital / Institution for work in areas of need (to be issued on the Hospital / Institution letterhead)

This is to certify that (Name of Candidate) CMC Application No: _____ son/daughter of _____ has worked/ is working in this hospital / institution from _____ to _____

One paragraph about the hospital, its vision, mission, infrastructure and details of the type of work done by the hospital to be included.



Anything given in the Master's hand multiplies

