



jothydev's
DIABETES HOSPITAL
& RESEARCH CENTRE



**International
Diabetes
Federation**

Centre of Excellence
in Diabetes Care
2022-23

JDC DIABETES EDUCATOR COURSE



www.jothydev.net/jdccourse

JOTHYDEV'S DIABETES EDUCATOR COURSE

Jothydev's Diabetes Research Centre is the first ISO-certified and only International Diabetes Federation-recognized comprehensive diabetes care centre in Kerala since 1997, dedicated to intensive diabetes management with patients from over 25 countries. The centre offers entire diabetes-related tests, executive check-ups, and preventive care packages under one roof. It is the first comprehensive care centre in Kerala solely dedicated to diabetes evaluation and management with a telemedicine-based follow-up.

The presence of a multidisciplinary diabetes treatment team working 24*7 with team spirit to serve the patients is the prime specialty of the centre.

COURSE DESCRIPTION

Diabetes is one of the fastest-growing global health emergencies. According to the 2022 IDF Diabetes Atlas, 537 million people have diabetes around the globe. In Southeast Asia, it's 90 million and predicted to rise by 152 million by 2045, which is a 68% increase in the number of people with diabetes. In 2015, approximately 5.0 million deaths were attributed to people of 20–79 years of age with diabetes, equivalent to one death every six seconds.

Almost 44% (240 million) of people living with diabetes are undiagnosed. A major reason for this is a lack of proper knowledge about the disease and its management, lack of quality medical support and care, etc. Empowering medical professionals, including diabetes educators with diabetes education and the latest updates in the field of diabetes, can solve such issues.

With this objective, Jothydev's Diabetes Research Centre in association with St. Joseph's College for Women Alappuzha has created an online Certificate Course for Diabetes Educators with the goal of increasing the proficiency of diabetes educators in the management and care of diabetes.

OBJECTIVES OF THE COURSE

- Attractive and easy-to-follow online course, that will cover all the essential information on diabetes.
- Describe the pathophysiology, presentation, and diagnosis of diabetes and its complications.
- Understand the importance of the prevention of diabetes and its complications through lifestyle modifications.
- Understand the importance and management of obesity.



- Understand the importance of diabetes technology in diabetes.
- To apply international and national guidelines in the practice of diabetes care.
- Understand the use of drugs, insulin, and other diabetes management options.

WHAT'S SPECIAL?

- 01 Online Course
- 02 Certificate
- 03 Training from well-experienced doctors, dietitians, and diabetes educators
- 04 Interactive theory classes, role plays, assignments, and assessments
- 05 13 modules spanning a total of 53 hrs
- 06 1 year course followed by an internship
- 07 An advanced, comprehensive course portal that will provide access to study materials, course status, assessments, etc
- 08 Hands-on training

MODULES

BASICS OF DIABETES

1

- › Introduction to diabetes
- › Types of diabetes
- › Diagnosis and management

PATHOPHYSIOLOGY OF DIABETES

2

- › Pathophysiology of type 1 and type 2 diabetes
- › Beta cell dysfunction

DIABETES SCREENING

3

- › Purpose and criteria of diabetes screening

PHARMACOLOGICAL MANAGEMENT OF DIABETES – OHAS

4

- › Oral medications in diabetes management
- › Types and mechanisms of action of OHA

INSULIN FOR DIABETES

5

- › History of insulin
- › Types of Insulin
- › Insulin delivery devices

INTRODUCTION TO MICROVASCULAR COMPLICATIONS

6

- › **Types of microvascular complications**
- › **Clinical presentation of complications**

INTRODUCTION TO MACROVASCULAR COMPLICATIONS

7

- › **Types of macrovascular complications**
- › **Clinical presentation of complications**

NUTRITION THERAPY AND EXERCISE

8

- › **Diet and diabetes**
- › **Types of diet**
- › **Exercise**

SELF-MANAGEMENT OF DIABETES

9

- › **Glucose monitoring techniques**
- › **Management of Hypo and Hyperglycemia**
- › **Lifestyle modifications**
- › **Sleep and stress management**

SPECIAL CONSIDERATIONS

10

- › **Management of T1D in different age groups**
- › **Management of diabetes in various health conditions**
- › **Gestational diabetes and its management**

GUIDELINES IN DIABETES

11

- › **Importance of guidelines in diabetes management**
- › **Key players in guidelines**

LANDMARK TRIALS IN DIABETES

12

- › Various landmark trials in diabetes

DIABETES CLINIC MANAGEMENT

13

- › Role of diabetes educators
- › Documentation and data assessment
- › Diabetes research

ELIGIBILITY

- Anyone with a bachelor's degree (preferably life sciences)
- Can join while doing the bachelor's degree

EXAMINATION & ASSESSMENT

- Online Multiple Choice Questions with 10 questions after each module
- Theory examination after completion of all modules
- Pre and Post-tests after each module

REGISTRATION DETAILS

Register for our course using the link www.course.jothydev.net. During registration, you can pay using the online payment option, or using the account details, provided below.

Course Fee:

Course fee: INR 6000/-

Course registration fee: INR 100/-

Payment Details:

Account Name: Jothydev's Diabetes Research Centre and Hospitals Private Limited

Account Number: 43705009526

Bank Name: Standard Chartered Bank

Branch Address: Ground Floor, Vrindavan Terrace, Opp.Trivandrum Club, Vazhuthacaud, Trivandrum, Kerala 695014

SWIFT Code: SCBLINBBXXX

IFSC Code: SCBL0036099

In case of any clarification contact:

- 8129166200
- academics@jothydev.net

ACADEMIC BOARD

COURSE DIRECTOR

Dr.Jothydev Kesavadev
Chairman and Managing Director
Jothydev's Diabetes Research Centres

COURSE INSTRUCTORS

Dr.Arun Shankar
Medical Director
Jothydev's Diabetes Research Centres

Dr.Asha Ashik
Chief Diabetologist
Jothydev's Diabetes Hospital, Kochi

Dr.Junaid Naina
RSSDI Fellow
Jothydev's Diabetes Research Centre,
Trivandrum

Dr.Shahana Yasmin
RSSDI Fellow
Jothydev's Diabetes Research Centre
Trivandrum

Ms.Anjana Basanth
Lead Academic Coordinator
Jothydev's Diabetes Research Centre
Trivandrum

Dr.Yaseen Unes
Cheif Diabetologist
Jothydev's Diabetes Hospital, Haripad

Dr.Ashwin David Ashok
Chief Diabetologist
Jothydev's Diabetes Hospital, Attingal

Ms.Geethu Sanal
Cheif Dietitian
Jothydev's Diabetes Research Centre,
Trivandrum

Ms.Gopika Krishnan
Director of Academics & Research
Jothydev's Diabetes Research Centre
Trivandrum

Ms.Gopika Beena Chandran
Lead Research Coordinator
Jothydev's Diabetes Research Centre
Trivandrum

COURSE COORDINATOR

Mr.Vysakh Chandran
Academic Coordinator
Jothydev's Diabetes Research Centre
Trivandrum

TECHNICAL SUPPORT

Mr.Deepu J S
IT Head
Jothydev's Diabetes Research Centre
Trivandrum

IMPORTANT DATES TO NOTE

Registraion Opens: 14 March 2024
Registration Closes: 27 April 2024
Class starts: 1 May 2024

