



# JDC DIABETES EDUCATOR COURSE 2026



# 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?

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- 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 16 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

\* Should be present at the center for internship

# MODULES

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## **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

## **TYPE 1 DIABETES**

4

- › Stages of Type 1 Diabetes
- › Risk, Development & Progression
- › AAB (Children with Single & Multiple Autoantibodies)

## **PHARMACOLOGICAL MANAGEMENT OF DIABETES – OHAS**

5

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

## **INSULIN FOR DIABETES**

6

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

## **INSULIN INJECTION TECHNIQUES**

7

- › Insulin Pens
- › Insulin Delivery with Pumps
- › Insulin Injection using Syringe
- › Lipohypertrophy
- › Dose Calculation

## **INTRODUCTION TO MICROVASCULAR COMPLICATIONS**

8

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

## **INTRODUCTION TO MACROVASCULAR COMPLICATIONS**

9

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

## **NUTRITION THERAPY AND EXERCISE**

10

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

## **TECHNOLOGIES IN DIABETES**

11

- › Self-Monitoring of Blood Glucose (SMBG)
- › Connected Blood Glucose Meters
- › Continuous Glucose Monitoring (CGM)
- › Automated Insulin Delivery (AID) systems
- › Future of Diabetes Technologies ( M Health Apps, Telemedicine)

## **SELF-MANAGEMENT OF DIABETES**

12

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

## **SPECIAL CONSIDERATIONS**

13

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

## **GUIDELINES IN DIABETES**

14

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

## LANDMARK TRIALS IN DIABETES

15

- › Various landmark trials in diabetes

## DIABETES CLINIC MANAGEMENT

16

- › 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](http://www.course.jothydev.net). During registration, you can pay using the online payment option, or using the account details, provided below.

**Course Fee: INR 7000/-**

**[Click here to Register](#)**

In case of any clarification, contact:

- 8129166200
- [academics@jothydev.net](mailto: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 Centre, Trivandrum

### **Dr.Yaseen Unes**

Chief Diabetologist  
Jothydev's Diabetes Hospital, Haripad

### **Dr.Asha Ashik**

Chief Diabetologist  
Jothydev's Diabetes Hospital, Kochi

### **Dr.Ashwin David Ashok**

Chief Diabetologist  
Jothydev's Diabetes Hospital, Attingal

### **Dr.Junaid Naina**

RSSDI Fellow, Jothydev's Diabetes  
Research Centre, Trivandrum

### **Ms.Geethu Sanal**

Chief Dietitian, Jothydev's Diabetes  
Research Centre, Trivandrum

### **Dr.Shahana Yasmin**

RSSDI Fellow, Jothydev's Diabetes  
Hospital, Kasaragod

### **Ms.Gopika Krishnan**

Director of Academics & Research  
Jothydev's Diabetes Research Centre  
Trivandrum

### **Ms.Anjana Basanth**

Lead Academic Coordinator  
Jothydev's Diabetes Research Centre, Trivandrum

## COURSE COORDINATOR

### **Ms.Akshara Reghunath K**

Project Coordinator  
Jothydev's Diabetes Research  
Centre Trivandrum

## TECHNICAL SUPPORT

### **Ms.Athira P B**

Junior Web Developer  
Jothydev's Diabetes Research  
Centre Trivandrum

## IMPORTANT DATES TO NOTE

Registration Opens: June, 2026

Registration Closes: July, 2026

Class Starts: August, 2026