



**A Certificate Programme for
Diabetes & Hypertension Management**



An educational initiative by





A Certificate Programme for Diabetes Care & Hypertension Management

ASPIRE is a clinical practice-oriented programme initiated under impact India specifically for doctors and paramedics associated with nursing homes—the key pillar of healthcare system in India.

The programme is tailored specifically for practising doctors with minimal off-work hours learning, and for paramedics as a supplementary course to assist doctors in achieving improved outcomes in patients with diabetes and hypertension.



An Overview of the Programme

The programme has 2 arms: one for doctors and the other for paramedics. Each of these arms consist of 4 modules as mentioned below.



Doctors



Paramedics

Module 1

**Introduction to
Diabetes & Hypertension**

Module 2

**Management of Diabetes and Hypertension –
Lifestyle Interventions and Pharmacotherapy**

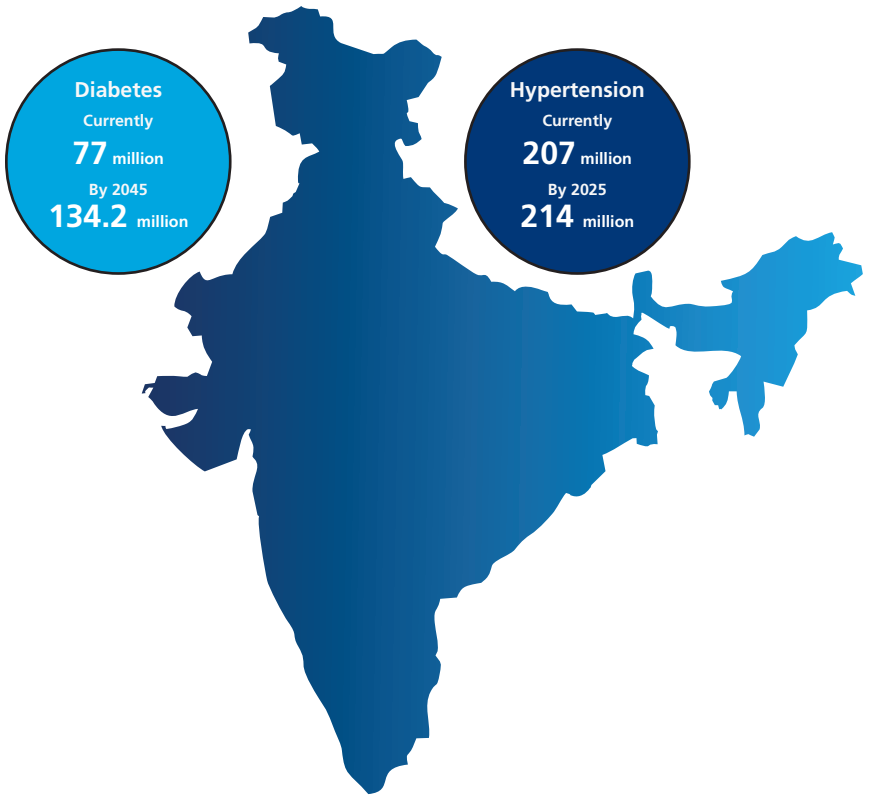
Module 3

**Role of Insulin in the
Management of Diabetes**

Module 4

**Complications of
Diabetes and Hypertension**

Module 1: Introduction to Diabetes and Hypertension





Introduction

In the past decade, parallel to reduction in the prevalence of infectious and associated diseases, there has been an increase in the prevalence of cardio-metabolic disorders such as hypertension and diabetes mellitus. Evidence shows that a significant proportion of people with diabetes or hypertension are either unaware of their condition, and hence not receiving treatment, or live with uncontrolled disease despite being on treatment. A wide gap between practice recommendations and delivery of diabetes care could lead to poor glycaemic control and adverse clinical outcomes. Several factors have been associated with treatment barriers, and they include policy-related, health system-related as well as individual factors. Doctors must be sensitised to the growing twin epidemics diabetes and hypertension.

Learning Asset	Type	Topics	Duration (Hours)
Orientation/Live meeting	Live meetings	1. Introduction to the programme; Introduction to DM & HTN	2
		2. Epidemiology, classification, pathophysiology, diagnosis of DM & HTN	4
		3. Case-based discussion on diagnosis of diabetes	2
		4. Case-based discussion on diagnosis of hypertension	2
Learning module	Online/ Virtual	5. Understanding 5.1. Epidemiology and classification of diabetes 5.2. Pathophysiology diabetes and its complications 5.3. Diagnosis	2
Learning module	Online/ Virtual	6. Understanding hypertension 6.1 All about hypertension 6.2 Diagnosis of hypertension	1
Webinar	Online/ Virtual	7. Webinar: Case discussions – Differential diagnoses of various types of diabetes and hypertension; Q&A session	1.5
Patient case simulation	Online/ Virtual	8. A case focusing on various aspects of diagnosis of diabetes	2

References can be provided as required.

Module 2: Management – Lifestyle Interventions and Pharmacotherapy





Introduction

There is no permanent cure for diabetes or hypertension and hence, these conditions would require treatment for life. The goals of treatment are not only to keep the blood glucose and blood pressure under control but also to prevent complications associated with diabetes and hypertension respectively.

Diet and exercise are an integral part of management of diabetes and hypertension. Hence, major societies across the globe endorse nutritional therapy and exercise as part of management of diabetes and hypertension.

The treatment objective is to optimise blood glucose levels without increasing the risk of hyperglycaemia. In addition, the treatment should have minimal adverse effects.

Learning Asset	Type	Topics	Duration (Hours)
Live meeting	Live meetings	1. Management of diabetes and hypertension–Role of lifestyle modifications and pharmacotherapy	6
Learning module	Online/ Virtual	2. Management of hypertension 2.1. Lifestyle interventions to prevent and manage hypertension 2.2. Pharmacotherapy of antihypertensive agents 2.3. Key guideline recommendations on hypertension management	3
Learning module	Online/ Virtual	3. Management of diabetes 3.1. Lifestyle interventions to prevent and manage diabetes 3.2. Pharmacologic approaches to manage diabetes: An overview	2

Learning module	Online/ Virtual	4. Pharmacotherapy of type 2 4.1. Biguanides 4.2. Meglitinides 4.3. Sulphonylureas 4.4. Thiazolidinediones 4.5. Alpha-glucosidase inhibitors	1.5
Learning module	Online/ Virtual	5. Pharmacotherapy of type 2 diabetes: Newer drugs 5.1. GLP-1 receptor agonists 5.2. Dipeptidyl peptidase-4 (DPP-4) inhibitors 5.3. Sodium-glucose cotransporter - 2 inhibitors (SGLT2 inhibitors) 5.4. PPAR agonists (glitazars)	1.5
Webinar	Online/ Virtual	6. A case-based discussion on the management of type 2 diabetes: Q&A session	1.5
Patient case simulation	Online/ Virtual	7. A newly diagnosed case of type 2 diabetes to discuss the initial management	2
Patient case simulation	Online/ Virtual	8. A case of primary hypertension to discuss the management aspects	2

References can be provided as required.



Module 3: Role of Insulin in the Management of Diabetes



Introduction

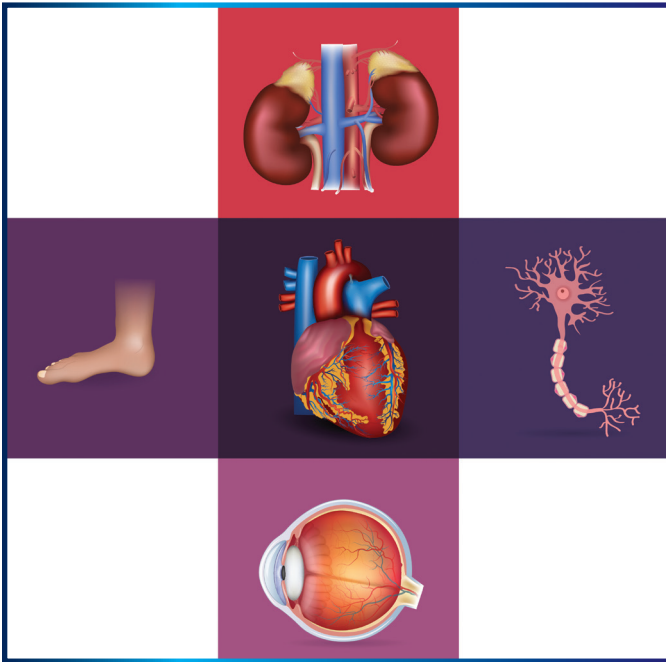
Insulin and insulin delivery devices are the lifeline for patients with diabetes. Insulin is the most effective therapeutic option available to reduce hyperglycaemia in patients with diabetes. Until recent times, vial and syringe were the only routes of delivering insulin. With novel technology advances, there has been a drastic change in the management of diabetes, especially with respect to administering insulin.

Learning Asset	Type	Topics	Duration (Hours)
Live meeting	Live meetings	1. Management of diabetes – Role of insulin	6
Learning module	Online/ Virtual	2. Insulin therapy for type 2 diabetes 2.1 Timeline of insulin therapy advancement since the time of its discovery till date 2.2 Insulin types 2.3 Insulin regimens 2.4 Insulin delivery devices 2.5 Overcoming barriers of insulin initiation and intensification 2.6 Insulin initiation and optimisation 3. Guideline recommendations on the management of diabetes	4.5
Webinar	Online/ Virtual	4. Case-based discussions on insulin initiation, optimisation and intensification Q&A session	1.5
Patient case simulation	Online/ Virtual	5. A known case of type 2 diabetes, with poor glycaemic control on multiple OADs to discuss further management with insulin initiation	2
Patient case simulation	Online/ Virtual	6. A known case of type 2 diabetes treated on insulin with inadequate glycaemic control to discuss insulin optimisation	2
Patient case simulation	Online/ Virtual	7. A known case of type 2 diabetes treated on insulin with inadequate glycaemic control, to discuss about insulin intensification	2

References can be provided as required.



Module 4: Complications of Diabetes and Hypertension



Introduction

Macrovascular complications of diabetes include coronary heart disease, stroke and peripheral vascular disease, and microvascular complications include end-stage renal disease (ESRD), retinopathy and neuropathy, along with lower-extremity amputations (LEAs). Both types of complications are responsible for much of the burden associated with diabetes. In addition, this section will also discuss the prevention and management of hypoglycemia.

Learning Asset	Type	Topics	Duration (Hours)
Learning module	Online/ Virtual	1. Overview of complications of diabetes	6
Learning module	Online/ Virtual	2. Correlation between hypertension, diabetes and dyslipidaemia	2
Webinar	Online/ Virtual	3. Case discussions on prevention and managements of complications of DM: Q&A session	1.5
Patient case simulation	Online/ Virtual	4. A case of type 2 diabetes with complications	2
Live meeting/ Script concordance and valedictory meeting	Live meetings	5. Brief summary of the entire course	2
		6. Live Insulin workshop and device demonstration, Q&A session	4
		7. Summary, certificate distribution and award ceremony	1

References can be provided as required.



Overview of the Paramedics' Programme

Module 1: Introduction to Diabetes and Hypertension

Module 2: Management – Lifestyle Interventions and Pharmacotherapy

Module 3: Role of Insulin in the Management of Diabetes

Module 4: Complications of Diabetes and Hypertension



Module 1: Introduction to Diabetes and Hypertension			
Learning Asset	Type	Topics	Duration (Hours)
Live meeting	Live meetings	1. Programme introduction 2. Key milestones 3. Introduction to diabetes and hypertension 4. Understanding diabetes (case-based discussion) 5. Understanding hypertension (case-based discussion)	5
Learning module	Online/ Virtual	6. Understanding diabetes	2
Learning module	Online/ Virtual	7. Understanding hypertension	1
Patient case simulation	Online/ Virtual	8. A case focusing on various aspects of diagnosis	2

References can be provided as required.

Module 2: Management – Lifestyle Interventions and Pharmacotherapy			
Learning Asset	Type	Topics	Duration (Hours)
Live meeting	Live meetings	1. Management of diabetes and hypertension - Role of lifestyle modifications and pharmacotherapy	2
Learning module	Online/ Virtual	2. Management of diabetes 2.1 Importance of nutrition and exercise in diabetes 2.2 An overview of pharmacotherapy 2.3 Patient counselling for treatment compliance and better outcomes 2.4 Diabetes self-management education and support	4
Learning module	Online/ Virtual	3. Management of hypertension	2
Patient case simulation	Online/ Virtual	4. A newly diagnosed case of type 2 diabetes to discuss the initial management with lifestyle modification and nutrition	2

References can be provided as required.



Module 3: Role of Insulin in the Management of Diabetes			
Learning Asset	Type	Topics	Duration (Hours)
Live meeting	Live meetings	1. Management of diabetes – Focus on insulin	2
Learning module	Online/ Virtual	2. Insulin for diabetes: All you need to know	3
Patient case simulation	Online/ Virtual	3. Newly diagnosed patient of T2D with high HbA1c and hyperglycaemic crisis	2
Patient case simulation	Online/ Virtual	4. A known case of type 2 diabetes, requiring insulin (to understand aspects of dose titration and administration, and patient counselling)	2

References can be provided as required.

Module 4: Complications of Diabetes and Hypertension			
Learning Asset	Type	Topics	Duration (Hours)
Learning module	Online/ Virtual	1. Identifying complications of diabetes	2
Patient case simulation	Online/ Virtual	2. A case of diabetes with micro/macrovascular complications in the initial stages	2
Live meeting/ script concordance and valedictory meeting	Live meetings	Summary, certificate distribution and award ceremony	2

References can be provided as required.



For additional information, please visit
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