



# A Certificate Programme for Diabetes Care and Hypertension Management

An educational initiative by



# Diabetes & Hypertension: The rapidly growing twin epidemics in India

## Changing trend

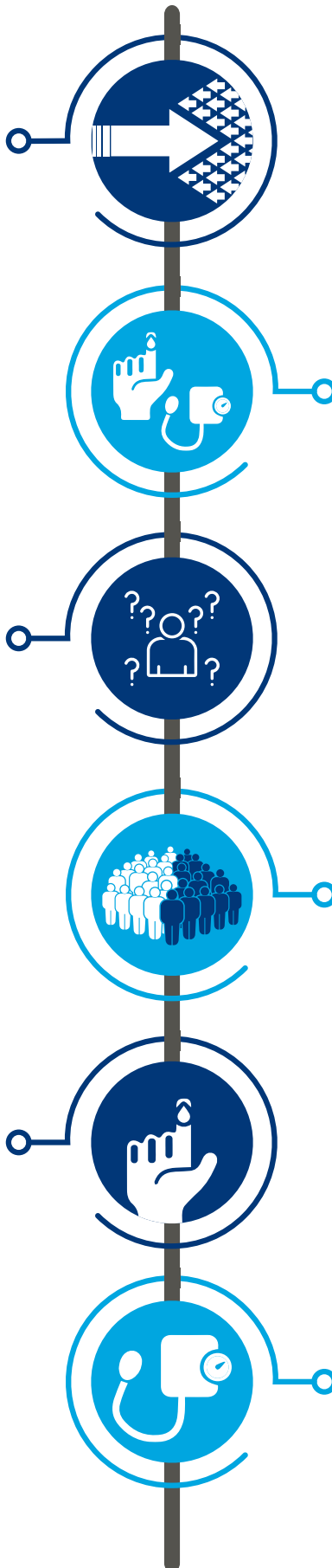
The burden of diseases is shifting from communicable to non-communicable diseases (NCDs) due to increased urbanization.<sup>1</sup>

## Suboptimal management

- A significant proportion of people with Diabetes or Hypertension<sup>2</sup>
  - Unaware of their condition, hence not receiving treatment
  - Live with uncontrolled disease despite being on treatment

## Gaps in Diabetes care in India

- Limited number of doctors treating Diabetes<sup>3</sup>
- Lead sedentary lifestyle and are more prone to Diabetes<sup>4</sup>
- Lack of specialised training/learning of doctors<sup>5,6</sup>
- Standard of care is getting impacted due to suboptimal treatment and therapeutic inertia<sup>7</sup>



## Twin epidemic of Diabetes and Hypertension

- India is home to
  - **7.7 Crs** people with Diabetes<sup>9</sup>
  - **20.7 Crs** people with Hypertension<sup>9</sup>
  - By 2045, the Diabetes population is expected to increase to **15.1 Crs** making India the Diabetes capital of the world<sup>10</sup>
  - By 2025, the number of hypertensives in India is expected to increase to **21.1 Crs**<sup>11</sup>
- Poorer the control of blood glucose and/or blood pressure higher is risk of complications<sup>12</sup>

## Rule of halves

- Only half of the people with Diabetes or Hypertension are diagnosed<sup>13-15</sup>
  - Only half of them are treated
  - Only half of the treated population achieve disease control

## Gaps in Hypertension care in India

- Delivery side constraints (poor diagnosis, masked Hypertension, clinical inertia and lack of evidence-based treatment protocols)<sup>16</sup>
- Patient reality (less awareness and poor self-management)<sup>17</sup>
- Lack of specialised training of doctors<sup>5,6</sup>
- Less than half of those classified as hypertensives are aware of their problem<sup>17</sup>
- Inadequate in-clinic time for doctors to educate patients

# Nursing homes are a key pillar of healthcare system in India



In India, there are about **40,000 nursing homes**.<sup>18</sup>



- Biggest reach: **~85% private healthcare institutions are nursing homes/small hospitals**, contributing to **~44% of beds**<sup>19</sup>
- **Good credibility** in the micro-community
- **Established ecosystem** suitable for chronic care

Diabetes and Hypertension are so widely rampant that it continuously demands to build capabilities, thus there is an immediate need to equip doctors and paramedics working in nursing homes with the right tools for effective diagnosis and management of these conditions.



# ASPIRE™ A capacity building programme

A State-of-the-art Program to Initiate Robust capacity-Enhancement

**OBJECTIVE:** To empower healthcare professionals to facilitate diagnosis and management of Diabetes and Hypertension, including early identification of complications for better patient outcomes. This may ultimately aid the overall reduction in the burden of NCDs in our community.



## This course aims to



Improve understanding and build capacity to manage NCDs like Diabetes and Hypertension



Diagnose and treat people with Diabetes and Hypertension



Identify high-risk patients and initiate early care to prevent complications



Help educate patients on lifestyle, diet, exercise and medication





**certification**

europa  
**CME·CPD**  
academy



**focus group**



**Doctors**

Tailored specifically for practising doctors with minimal off-work learning

50 h: Self study sessions  
(online/Web based learning)  
20 h: Live sessions  
(Face-to-face/virtual)



**Paramedics**

Supplementary course for paramedics to assist doctors

30 h: Self study sessions  
(online/Web based learning)  
10 h: Live sessions  
(Face-to-face/virtual)



**features**

- Clinical practice oriented
- Case-based learning
- Mentoring by top experts in the field of Diabetes and Hypertension



**highlights of the programme**



**Classroom learning**

- Face-to-face/Virtual/  
Live workshops
- Webinars



**Web-based learning**

- Discussion forums
- Self-learning modules
- Patient case simulations

# Course curriculum

## Curriculum: 4 overarching areas



### Introduction to Diabetes Mellitus and Hypertension

Basics of Diabetes & Hypertension, including diagnosis & management



### Management of Diabetes and Hypertension: Focus on Lifestyle Modifications and Pharmacotherapy

Various management strategies, including lifestyle modifications & pharmacotherapy of both Diabetes & Hypertension



### Management of Diabetes: Role of Insulin

Key aspects of insulin therapy, including types of insulin, initiation, optimisation & intensification



### Management of Complications of Diabetes and Hypertension

Early identification, prevention & management of complications



# Programme steered by top experts in the field of Diabetes & Hypertension



**Dr. AH Zargar**  
Jammu & Kashmir



**Dr. AK Das**  
Puducherry



**Dr. Amrish Mithal**  
Delhi



**Dr. Bipin Sethi**  
Telangana



**Dr. Manoj Chadha**  
Maharashtra



**Dr. Nikhil Tandon**  
Delhi



**Dr. Prasanna Kumar**  
Karnataka



**Dr. SK Sharma**  
Rajasthan



**Dr. SK Wangnoo**  
Delhi



**Dr. Subhankar Chowdhury**  
West Bengal



**Dr. Sudip Chatterjee**  
West Bengal



**Dr. Sushil Jindal**  
Madhya Pradesh



**Dr. V Mohan**  
Tamil Nadu

Note: The names of core committee members are mentioned in alphabetical order.

## Programme certificate





# About...

## Novo Nordisk Education Foundation (NNEF)

Novo Nordisk Education Foundation (NNEF) is a non-profit organisation established in 1997 as a trust registered under section 80G of the Income tax Act 1961. The key purpose of the foundation is increasing diabetes awareness and education. NNEF aims to provide comprehensive education and awareness on diabetes and other healthcare issues. Some of the major initiatives by NNEF include:

- Changing Diabetes Barometer (CDB)
- Changing Diabetes® in Children
- IMPACT India

## Novo Nordisk India Pvt. Ltd.

- A global healthcare company with 95 years of innovation and leadership in diabetes care
- This heritage has given the experience and capabilities that also enable to help people defeat other serious chronic conditions: haemophilia, growth disorders and obesity
- Headquartered in Denmark, Novo Nordisk has its presence in 80 countries and markets its products in more than 170 countries, including India

## Indegene Pvt. Ltd.

- A global healthcare solutions company that enables healthcare organizations address complex challenges to improve health and business outcomes
- Has footprints in innovations and advanced technologies like artificial intelligence, machine learning and advanced analytics catering to productivity, reduced marketing spend and improved 'go-to-market' time
- Extensively works on ideation, strategy and end-to-end execution of medico-marketing and digital solutions for doctor and patient engagement
- Global operations spread across Europe, APAC, MEA and India

## European CME-CPD Academy

- Division of Siyemi Learning, University of Manchester Innovation Center
- European CME-CPD Academy follows the principles of the Good CME Practice group ([www.gCMEp.org](http://www.gCMEp.org))
- All education presented are developed following a carefully derived needs assessment, informing suitable learning objectives appropriate for the considered profile of the target audience
- All programmes are peer-reviewed and assessed for quality, ensuring that any relevant relationships are disclosed to the learners

## References

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