



PUBLIC
HEALTH
FOUNDATION
OF INDIA



Centre for Chronic Disease Control
WHO Collaborating Centre for
Surveillance, Capacity building
and Translational Research in
Cardio-Metabolic Diseases



Chellaram
Diabetes Institute



WORLD HEART
FEDERATION

ADVANCED CERTIFICATE COURSE IN PREVENTION AND MANAGEMENT OF DIABETES & CARDIOVASCULAR DISEASE



Cycle - IV (August 2019 - January 2020)

Cycle - IV ANNOUNCED

Last Date of Enrollment:
15th July, 2019

Course starts on:
18th August, 2019

- ▶ The world's latest advances in
**PREVENTION AND MANAGEMENT OF
CARDIOVASCULAR DISEASE IN DIABETES**
- ▶ Once a month weekend contact course
- ▶ The course provides Innovative Practical Training,
Case- based Learning and Interactive sessions
IN YOUR OWN LOCALE!

BE A LEADER IN YOUR CLINICAL PRACTICE!



ACMDC

ADVANCED CERTIFICATE COURSE IN
PREVENTION AND MANAGEMENT OF
DIABETES & CARDIOVASCULAR DISEASE

Cardiovascular Disease and Diabetes

Chronic Conditions are now the leading cause of death in India, accounting for over 63% of all deaths.¹ This is projected to rise to almost three quarters of all deaths by 2030.² Cardiovascular diseases (CVD) alone are estimated to account for more than a fifth of all deaths.^{1,3}

India is next only to China in terms of number of people with diabetes. About 74 million individuals are currently living with diabetes and this figure is expected to rise to 134.3 million by 2045.⁴ This high burden of type 2 diabetes and CVD has become a cause of concern in India.

Since diabetes and CVD share common risk factors and comorbidities, CVD is found to be 2-3 times higher in people with diabetes. Also CVD is the largest cause of mortality in India. It is estimated that India will lose around 17.9 million productive life years by 2030.⁵

Management of CVD & Diabetes has become a major challenge for healthcare professionals due to huge shortage of specialists who can treat these conditions. Therefore, there is a need to build the capacity to address the management of diabetes and its CVD manifestations at primary care level. "Advanced Certificate Course in Prevention & Management of Diabetes and Cardiovascular Diseases" (ACMDC) is one such effort which aims to strengthen the technical competencies of primary care physicians (PCPs) in the field of cardiovascular manifestations of diabetes.

References:

- World Health Organization – Non-communicable Diseases (NCD) Country Profiles, 2018.
- Patel V, Chatterji S, Chisholam D, et al (2011). Chronic diseases and injuries in India. *Lancet* 2011;377: 413-28.
- Registrar General of India (2008), Summary statistics of causes of death India, New Delhi
- IDF Diabetes Atlas, 8th Edition 2017
- Cardiovascular disease in India. Challenges and way ahead: International Heart Protection Summit. 2011 [cited 2014 May 6].

PARTNERS

Advanced Certificate Course in Prevention and Management of Diabetes and Cardiovascular Disease (ACMDC) is a joint certification program designed, implemented and delivered by Public Health Foundation of India (PHFI), New Delhi; Centre for Chronic Diseases Control (CCDC), New Delhi; World Heart Federation (WHF), Geneva and Chellaram Diabetes Institute (CDI), Pune.

Public Health Foundation of India

The Public Health Foundation of India (PHFI) is a public private initiative that has collaboratively evolved through consultations with multiple constituencies including Indian and International academia, state and central governments, multi & bi-lateral agencies and civil society groups. PHFI is a response to redress the limited institutional capacity in India for strengthening training, research and policy development in the area of Public Health. Structured as an independent foundation, PHFI adopts a broad integrative approach to public health, tailoring its endeavours to Indian conditions and bearing relevance to countries facing similar challenges and concerns. The PHFI focuses on broad dimensions of public health that encompass promotive, preventive and therapeutic services, many of which are frequently lost sight of in policy planning as well as in popular understanding.

PHFI was launched by 14th Honourable Prime Minister of India on March 28th, 2006 at New Delhi. PHFI recognizes the fact that meeting the shortfall of health professionals is imperative to a sustained and holistic response to the public health concerns in the country which in turn requires health care to be addressed not only from the scientific perspective of what works, but also from the social perspective of, who needs it the most.

For more information on activities at PHFI, visit www.phfi.org

Centre for Chronic Disease Control

Centre for Chronic Disease Control (CCDC), a WHO collaborating centre for capacity building and research and a department of biotechnology designated centre of excellence for clinical research is an independent and not-for-profit biomedical research organisation, based in New Delhi, India. It is an academic health science research organization driven by a passion to promote and protect cardiovascular health in India and the world at large.

CCDC undertakes clinical research in various domains of NCD. Within the spectrum of chronic diseases, its main focus areas are: cardiovascular diseases, diabetes and metabolic diseases. Within these domains CCDC engages both in population based and hospital based research involving several scientific designs. It also specializes in data management, training, policy advocacy and scientific secretarial assistance to international agencies. Capacity building through both contact and non-contact agencies training is one of the core strengths of CCDC. Through such training courses it has built substantial capacity in India and several other developing countries.

CCDC is the academic partner for developing course curriculum in collaboration with other partners.

For more information on activities at CCDC, visit www.ccdc.india.org

Chellaram Diabetes Institute

Chellaram Diabetes Institute (CDI) is a unit of the Chellaram Foundation, founded by Mr. Lal L. Chellaram. The vision and mission of CDI is to understand the cause of high prevalence of diabetes among Indians, promote measures to prevent or delay the onset of diabetes, and thereby create a huge and lasting impact on diabetes in India and also globally.

CDI, by focusing on patient care, research, education, and awareness, is geared to create an impact on the alarming diabetes scenario, by providing unique and state-of-the-art services under one roof. CDI also implements an outreach program through mobile diabetes clinics to address the needs of the community in the rural and remote areas around Pune. As part of its commitment to build capacity of health professionals, CDI conducts various training courses, both classroom as well as online courses.

CDI is the academic partner for developing course curriculum in collaboration with other partners.

For more information on activities at CDI, visit www.cdi.org.in

World Heart Federation

The World Heart Federation (WHF) is dedicated to leading the global fight against cardiovascular disease (CVD) - including heart disease and stroke – with a focus on low and middle income countries, via a united community of more than 200 member organizations. WHF headquarters is based in Geneva, Switzerland.

WHF aligns its efforts around the World Health Organization's target of reducing premature CVD mortality of 25% by 2025. Across 100 countries, World Heart Federation works to build global commitment to address cardiovascular health at the policy level, generates and exchange ideas, shares best practice, advances scientific knowledge and promotes knowledge transfer to tackle cardiovascular disease- the number one killer in the world. It is a growing membership organization that brings together the strength of cardiac societies and heart foundations from more than 100 countries. Through collective efforts it aims to help people all over the world to lead longer and better heart-healthy lives.

WHF has 3 pillars of values namely: Leadership, Unity and Learning. It aims to achieve leadership by bringing together leaders in cardiovascular science and advocacy and act as a catalyst in the global

fight against heart disease and stroke. It attains Value of Unity by providing a global voice to shape public-health agendas, a unique point of connect for the global cardiovascular community to exchange ideas and share best practice and learning through encouraging the advancement of scientific knowledge and evidence and act as a collective source of independent knowledge of authority in controlling the epidemic.

WHF is the technical partner in this initiative.

For more information on activities at WHF, visit www.world-heart-federation.org

OBJECTIVES OF ACMDC

The primary objective of the course is to enhance knowledge, skills and core competencies of primary care physicians to prevent and manage cardiovascular disease manifestations of diabetes. In addition, there are three secondary objectives:

- To develop a standard teaching protocol and module for evidence based learning
- To build a network of primary care physicians and specialists
- Update primary care physicians with the latest advancements

PROGRAM OVERVIEW

ACMDC is an on-the-job training program for PCPs conducted across the country with a robust monitoring & supervision strategy.

The journey of ACMDC started in September 2014 with its first cycle. The course ran three cycles conducted at 49 centres covering 38 cities, 19 states & 3 UT's with 10 National Experts, 90 Regional Faculty & 33 Observers. ACMDC has successfully trained 1920 PCPs in its three cycles.

ACMDC has been adopted by Kolkata Municipal Corporation & National Health Mission, Govt. of Tripura to train their 15 & 63 medical officers, respectively. It has also been accepted internationally by Myanmar Society of Endocrinology and Metabolism (MSEM) & Myanmar Diabetes Association (MDA); East African Diabetes Study Group; Ministry of Health, Govt. of Rwanda; Afghanistan Endocrine Society (AES) and Kabul University of Medical Sciences (KUMS) for training of their healthcare professionals.

Course Design and Duration

ACMDC is a unique course in terms of evidence based learning and on-the-job training. The total duration of the course is six months (August 2019-January 2020) with once a month contact session which will be scheduled on designated weekend at Regional Centres, across India.

Language of Instruction: English

Last Date of Enrolment: 15th July, 2019

Eligibility Criteria*:

MD/DNB (Medicine or Internal Medicine or Family Medicine)
Or
MBBS with minimum 3 years of clinical experience

**Recommendation from the Regional Faculty is mandatory for the enrolment.*

CONTENTS

The advanced course primarily focuses on the macro-vascular complications of diabetes, viz. coronary artery diseases, stroke and peripheral arterial disease. The association between diabetes and cardiovascular risk has been covered in detail. Cardiac testing that aims at cardio-metabolic risk reduction and management at the primary care physician level has been emphasized.

The fundamentals of glycemic are covered, including use of insulin as well as the newer medications on the horizon. It also addresses the two important comorbidities, viz. dyslipidemia and hypertension.

A highlight of the course is the attention given to important aspects like diet, exercise and tobacco cessation relevant to the management of both diabetes as well as coronary artery disease. Upcoming niche areas like bariatric surgery and management of obstructive sleep apnea have been included.

The course addresses several challenging areas to the clinicians for instance, how to manage diabetes in hospitalized people with heart disease, evaluation and management of people with heart failure and diabetes, management of other cardiovascular comorbidities, etc.

The course would refer to the latest guidelines for management of the conditions discussed in the contents.

COURSE MODULES

MODULE I	The Association between Diabetes and Cardiovascular Disease
MODULE II	Vascular Complications and Introduction to Risk Factor Management
MODULE III	Management of Glycaemia with special reference to CVD
MODULE IV	Diabetic Dyslipidemia, Hypertension and Introduction to CAD
MODULE V	Coronary Artery Disease (CAD), Stroke and Peripheral Arterial Disease (PAD) in Diabetes
MODULE VI	Special topics and Summary

TEACHING AND TRAINING METHODOLOGY

The course utilizes a variety of teaching/learning techniques. Training in practical cardio-diabetology will be complemented by providing the participants with various informative case studies, interactive group activities and challenging assignments.

The course will be offered on a module based with judicious mix of case-studies, group discussion, activities and direct learning by eminent experts in the field of cardiology and diabetology, with inbuilt flexibility to accommodate participant's requirements. Complete and comprehensive learning package i.e printed modules will be provided to all participants by the organizers. The course content will be delivered by Diabetologists and Cardiologists working together. They will be chosen by a group of National Experts comprising of renowned Cardiologists and Endocrinologists.

EVALUATION SYSTEM & CERTIFICATION CRITERIA

Participant evaluation will be done through a continuous internal evaluation, course work and performance in written examination. The criteria for successful completion of the course shall be as follows:

- Participation in at least 5 out of 6 monthly contact sessions (Including the pre-test and post-test of each module)
- Completion of two descriptive assignments based on completed modules to be submitted during III and IV module
- Appearance and clearance of final written examination in the form of MCQs in an hour, along with Module VI (Min. 50% score required to clear the examination)

Course Fee

For enrolment in the certificate program the completed application form with a demand draft of INR 12,000/- should be paid by either of the following two options:

1. Demand Draft in favour of "**Public Health Foundation of India**" payable at New Delhi, to be submitted at the below mentioned address.
2. Online Payment through NEFT transfer:
Public Health Foundation of India
Bank Account: HDFC Bank
Branch Address: H7, Green Park Extn, Green Park, New Delhi-110016
Account Number: 50100254381662, IFSC Code: HDFC0000586

Participants may submit their application form along with supporting documents (mentioned on the last page of application form) & NEFT reference number to: acmdc@phfi.org

The candidate completing the certificate course successfully as per the above mentioned criteria shall be awarded certificate, jointly issued by PHFI, CCDC, CDI, WHF and respective Regional Faculty.

REGIONAL TRAINING CENTRES ACROSS INDIA**



State	City/Centre
Chhattisgarh	Durg
Delhi	Delhi
Madhya Pradesh	Jabalpur
Maharashtra	Pune Thane Wardha
Manipur	Imphal
Tamil Nadu	Chennai Trichy
Uttar Pradesh	Gorakhpur Lucknow
West Bengal	Kolkata



To know more about the application forms and process, please contact:

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Disclaimer: PHFI, CCDC, CDI and WHF hereby declare that, this jointly designed "Advanced Certificate Course in Prevention and Management of Diabetes & Cardiovascular Disease" is not a recognized medical qualification, under Section 11(1) of the Indian Medical Council Act, 1956. PHFI, CCDC, CDI and WHF offering this course hereby declare that they are not a medical college or University and are not offering this course in accordance with the provisions of the Indian Medical Council Act/ University Grants Commission Act. Kindly note that ACMDC is not a degree but only a certificate course with the objective to train doctors in the early diagnosis, prevention and management of cardiovascular complications of diabetes. Participants are strongly advised not to affix 'ACMDC' adjacent to their names or in their boards/display.

**The organizers reserve the right to change the program locations and centres.