

Certificate in Diabetes Care for Community Worker (CDCW)

Minimum Duration: 6 Months

Maximum Duration: 2 Years

Course Fee: Rs. 2,000

Minimum Age: No bar

Maximum Age: No bar

Eligibility: 10+2 (preferably with science)

Certificate in Diabetes Care for Community Worker is a month's programme of 14 credits (theory 4 credits, Practical 10 credits). This programme has been developed for the health workers who would like to work in diabetic clinics or are working in the hospital or community. This programme will help to give or upgrade the knowledge about diabetes mellitus, its management and complications; prevention of diabetes mellitus etc. it will help the workers to learn various skills for assessment and care of the diabetic patient and their family members.

Objectives

The broad Objectives of the programme are to:

1. To impart knowledge about the epidemiology of diabetes
2. To provide an understanding of causes leading to diabetes
3. To give a detailed knowledge of the effect of diabetes on various organs of the body
4. To provide knowledge and skills about management of the disease in relation to diet, foot care, eye care, etc.
5. To equip learners with interpersonal communication skills this will facilitate psychological well being of patients.

Programme Structure

Total 14 Credits Total Hours 420

Theory 4 Credits Hours 120

Practical 10 Credits Hours 300

Counselling Face to Face	100% i.e. 120 hrs
Contact Sessions	50% i.e. 150 hrs (Supervised Activities) and 50% i.e. 150 hrs Self Activities at workplace

Theory Course

Concepts and Interventions of Diabetes Mellitus (CNS DC-001)

Basics of Diabetes Mellitus

Diagnosis and Monitoring of Diabetes Mellitus

Management of Diabetes Mellitus

Complications of Diabetes Mellitus

Education, Counselling and Prevention of Diabetes Mellitus

(Counseling sessions will be held in study centres. 90 percent attendance is compulsory.)

Practical Course

Procedures related to Diabetes Mellitus (CNS DCP 001)

Procedures related to Assessment and Care of Patient with Diabetes Mellitus

Practical contact sessions will be conducted in hospitals/diabetic clinics. 90 percent attendance is compulsory.

Syllabi of Courses

(Theory 5 Blocks)

Theory

Concepts and Interventions of Diabetes Mellitus

Block 1 Basics to Diabetes Mellitus

Unit 1 Introduction to Diabetes Mellitus

Unit 2 Introduction to Human Body Systems

Unit 3 Pancreas and its Functions and Metabolism

Block 2 Diagnosis and Monitoring of Diabetes Mellitus

Unit 1 Diagnosis of Diabetes Mellitus

Unit 2 Investigations for Diabetes Mellitus

Unit 3 Monitoring a Diabetic Patient

Block 3 Management of Diabetes Mellitus

Unit 1 Life Style Modification

Unit 2 Management of Patient with Type 2 Diabetes Mellitus

Unit 3 Management of Patient with Type 1 Diabetes Mellitus

Unit 4 Management of Diabetes Mellitus in Pregnancy

Block 4 Complications of Diabetes Mellitus

Unit 1 Acute Complications of Diabetes Mellitus and Management

Unit 2 Chronic Complications of Diabetes Mellitus and Management

Unit 3 Referral of Patient with Diabetes Mellitus

Unit 4 Coping Strategies

Block 5 Educations, Counseling and Prevention of Diabetes Mellitus

Unit 1 Behaviour Change Communication

Unit 2 Educating a Person with Diabetes Mellitus

Unit 3 Counseling in Diabetes Mellitus

Unit 4 Primary Prevention of Diabetes Mellitus

Practical 1 Block

Procedures Related to Diabetes Mellitus

Block1 Procedures Related to Assessment and Care of Patient with Diabetes Mellitus

Practical 1 History Taking

Practical 2 Anthropometric Measures

Practical 3 Checking Vital Signs – Temperature, Pulse, Respiration

Practical 4 Checking Blood Pressure

Practical 5 Blood and Urine Testing

Practical 6 Assessments to Detect Early Complications

Practical 7 Foot Examination and Identifying Foot at Risk

Practical 8 Dietary Counseling
Practical 9 Active and Passive Exercises
Practical 10 Technique of Insulin Injection
Practical 11 Dressing of Diabetic Wound
Practical 12 Behavior Change Communication
Practical 13 Counseling Techniques
Practical 14 Guidelines for Community Visit