

Fellowship in Diabetology



an
**Innovative Program in
Postgraduate Diabetes Education**



A Collaborative effort by

Cuttack Diabetes Research Foundation (CDRF)

&

Kanungo Institute of Diabetes Specialities (KIDS)

1120, Dumduma, Bhubaneswar-751019, Odisha, India

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Fellowship in Diabetology

Dr. Alok Kanungo, Ph.D, is an internationally acknowledged pivotal figure in the field of contemporary diabetes health care, education & research. He is the director of Cuttack Diabetes Research Foundation & chief consultant diabetologist at Kanungo Institute of Diabetes Specialities (KIDS). His academic association with international institutes, exposure & experience at the grass root for more than 25 years has enabled him to publish more than forty original research papers on diabetes prevention & care. His association with EASD, ADA, WHO, NIH, NISER & his vision to provide door step service for the ultra poor has motivated the professional team at CDRF & KIDS to work intensively for the prevention & care of diabetes in achieving Millennium Development Goals (MDGs).



Cuttack Diabetes Research Foundation (CDRF), the pioneer in diabetes research in eastern India has got an intensive involvement in promotion of research, innovation on diabetes prevention & care. The six fold innovative approach has resulted in publishing series of research papers on possible future scenarios for diabetes and its strategies for prevention & care. The embodied focus towards prevention has driven CDRF to campaign around the Orissa in creating awareness on the personal and societal risks of diabetes. The innovative social health programs have targeted towards promoting better lifestyle management skill, yoga, nutritional management, diabetic testing, dental care & foot care services for the prevention and care of person in diabetes. As a clinical extension to address the future scenario, (CDRF) has promoted its sister concern organisation named after Kanungo Institute of Diabetic Specialist (KIDS), the largest diabetes hospital in eastern India to provide world class comprehensive with multi speciality facilities in diabetes care integrated with education, training and research under one Campus.

CDRF and KIDS have ongoing collaboration with Karolinska Institute, Stockholm, Sweden, which decides the Nobel Prize on Medicine and National Institute of Science Education and Research (NISER), Bhubaneswar for wider research on diabetes. Professor C.B. Sanjeevi, Head of Diabetes and Immune Genetics, Karolinska Institute is Honourary Research Director of KIDS. Good numbers of papers have been published in International Journals on different aspects of diabetes particularly in Eastern India.

As part of its continued commitment to Diabetes Care, Education and Research, Cuttack Diabetes Research Foundation (CDRF) in collaboration with Kanungo Institute of Diabetes Specialities (KIDS), organizes an innovative post graduate program on Diabetes for Doctors entitled "Fellowship in Diabetes". This is a two-year full time educational program for training doctors with MBBS or MD qualification in all aspects of Diabetology.

ELIGIBILITY:

MBBS or MD general medicine.

10 candidates per year in Two Batches

COURSE DESCRIPTION:

Duration: 1 Year for Post-MD general Medicine and 2 Years for post MBBS and MD (Other Subjects)

COURSE OBJECTIVES:

A. General:

The candidate should be able to develop a basic understanding of the philosophy, principles and methods of in diabetes management, education and research in diabetes mellitus.

B. Specific Objectives:

- a. **Clinical skills** - Assess and provide management of diabetes with regards to pathogenesis, diet, exercise, medications and device utilization for patients with diabetes mellitus.
- b. **Teaching skills** - To be able to teach other paramedical health personnel in the basics of clinical practice in diabetes mellitus.
- c. **Clinical trials** - To play the role of a coordinator in clinical trials efficiently.
- d. **Outreach** - To develop the capacity to conduct outreach programmes in relation to diabetes.
- e. **Hospital infrastructure development** - Set up a diabetes clinic and develop basic ward and laboratory infrastructure in a peripheral hospital
- f. **Project design** - To develop skills in cost-accounting and project design.
- g. **Laboratory skills** - To handle basic laboratory tests and assess quality control.
- h. **Basic science skills** - To handle hyperinsulinemic euglycemic clamp studies and energy expenditure studies

C. Course of studies:

Course	Theory	Practical
Diabetes Fundamentals and Education	210 hours	1330 hours
Clinical Trials	6 hours (GPC Training)	230 hours
Outreach Programmes		60 hours
Advanced Device Training	14 hours	100 hours
Peripheral Hospital		165 hours

Diabetes Fundamentals and Education

Physiology	Secondary Diabetes Talk
History & Clinical Examination	Oral Hypoglycaemic agents

classification of Diabetes	Insulin Therapy
Diabetes and Nutrition	Monitoring & Insulin
Diabetes and Exercise	Diabetes & Pregnancy
Nephropathy	Diabetes and Surgery
Neuropathy	Recent advances
The Diabetic Foot	Islet cell Transplantation
CAD, Hypertension, lipids	Laboratory issues & quality control
Diabetic Ketoacidosis	Pathology of diabetes
Childhood Diabetes	Diabetes Quiz
Diabetes Quiz Answers	Foot wear in Diabetes
Diabetes Retinopathy	Departmental Activities

*Newer topics will be incorporated depending on recent development.

Hours Distribution

230 hours - Theoretical Training

1885 hours - Practical Training

D. Course Description:

OBJECTIVES FOR JOURNAL CLUBS AND SEMINARS (126 Hours)

- 1) Introduction to Diabetes Mellitus physiology and anatomy of Islet cell Secretion
- 2) Glucose Metabolism
- 3) Definition and Classification of Diabetes Mellitus
- 4) Type I Diabetes Mellitus and Type II Diabetes Mellitus
- 5) Infections in Diabetes Mellitus
- 6) Pancreatic Diabetes Mellitus
- 7) Secondary Diabetes Mellitus
- 8) Peripheral Neuropathy
- 9) Insulins & Insulin Therapy
- 10) Diabetic Ketoacidosis
- 11) Hypoglycaemia
- 12) Diabetic Retinopathy
- 13) Management issues & Hospitality
- 14) Footwear & foot care
- 15) Diabetes Mellitus in Pregnancy
- 16) Lifestyle & DM
- 17) Diabetic Nephropathy
- 18) Diabetes and Hypertension
- 19) Diabetes of foot care & Surgery
- 20) Nursing Care in DM
- 21) Cardiovascular Disease in DM
- 22) Diabetic Autonomic Neuropathy
- 23) Diet in Diabetes Mellitus Pt-I

- 24) Biochemistry of tests in Diabetes Mellitus
- 25) Diet with dyslipidemia, renal failure and pancreatic disease.
- 26) Physical Examination of a diabetes patient 2 hours
- 27) Exercise & Diabetes Mellitus- the physiology
- 28) Exercise & Diabetes Mellitus- the clinical aspects
- 29) Glucose Monitoring Devices - strategies for use and economics
- 30) Insulin Administering devices in diabetes
- 31) Insulin Pump usage
- 32) Techniques in financial management and cost-accounting
- 33) Oral Hypoglycaemic Agents
- 34) Biostatistics and epidemiology
- 35) Clinical Trial Methodology
- 36) Continuous Glucose Monitoring Systems
- 37) Diabetes in Childhood
- 38) MODY
- 39) Psychosocial aspects of diabetes
- 40) Smoking and Alcohol in Diabetes
- 41) Diabetes in the Elderly
- 42) Diabetes and Lipids
- 43) Diabetes Mellitus- International
Epidemiological perspective

CLINICAL WORK (5 hours/day)

Outpatients
Wards

CLINICAL TRIAL INVOLVEMENT

A well-rounded diabetes physician should have the ability to be actively involved in clinical trials. The trainees will be intensively coached in data management, Good Clinical Practice (GCP) skills and laboratory basics. They will routinely attend the weekly diabetes research group meeting.

They will need to:-

- a) Attend at least one good clinical practice course.
- b) They will be enrolled as one of the site coordinators in at least one phase 2 or phase 3 clinical trials during their course period.

Other ACADEMIC ESSENTIALS

- a) Insulin Pump and CGMS Trainee Certification
- b) Three publications as co-author in indexed journals

- c) Thesis project
- d) Peripheral Hospital diabetes clinic organization: during their three week stay at a peripheral hospital (mission) they will have to develop a diabetes clinic, improve inpatient diabetes practice, train the medical and paramedical staff on practices in diabetes, improve laboratory quality control and provide rational and cost-effective stocking of pharmaceutical products in the pharmacy

THESIS

The candidate will be expected to develop a prospective clinical study on a specific area in diabetes mellitus with adequate epidemiological backing. Basic skills in biostatistics should be mastered.

EVALUATION

THEORETICAL AND PRACTICAL ASSESSMENT

Depending on the lectures that are conducted, periodic multiple choice question tests will be conducted depending on the schedule of seminars- appropriate tests will be conducted in connection with the seminars.

The marks will be consolidated and tallied for internal assessment. The results of the tests will be discussed immediately and a tutorial conducted thereby.

THEORY ASSESSMENT

(End of course)

1	Multiple choice assessment	3hours –1 paper
2	Long and short answers assessment	3 hours – 3 papers
		a. Basic Science of Diabetes
		b. Clinical and Laboratory Practice in Diabetes
		c. Recent Advances in Diabetes

CLINICAL ASSESSMENT

A Two full days clinical examination will be conducted at the end of the course Eminent teachers in endocrinology and the diabetes segment will be invited as external Examiners.

- 1) Three long cases.
- 2) Three monitoring problem assessments.
- 3) One foot problem
- 4) Two Retina Problems
- 5) Viva on clinical trial and good clinical practice basics.
- 6) Insulin pump/ CGMS installation / clamp and indirect calorimetry operations
- 7) Open Viva

- 8) Thesis Presentation
- 9) Peripheral Hospital Project Presentation
- 10) Laboratory Project Presentation

COURSE FEE

4000 US\$ per person for International participants.

INR 200,000 per person for Indian Doctors.

FACULTY

Multi-disciplinary team of Physicians, Surgeons and Scientists will take lecture classes.

STIPEND & ACCOMMODATION

1. Trainee doctors will be paid monthly stipend of Rs.10, 000/-(Rupees ten thousand only) per month to cover their boarding and lodging expenses during the fellowship period. Doctors sponsored by the government / public sector undertaking will not be paid the monthly stipend.
2. Hostel facility is available for the participant doctors on payment of hostel fees.

APPLICATION PROCEDURE

Eligible candidates are requested to submit their applications as per the application form posted at the website (www.kanungodiabetes.com) along with a demand draft for Rs. 500/- drawn in favour of Kanungo Institute of Diabetes Specialities, payable at Bhubaneswar as application fee.

1. The details in respect of Fellowship in Diabetes programme are as under
 - a) Last date for receipt of applications – 20th Aug 2011
 - b) Date of Entrance examination – 28th Aug 2011
 - c) Date of Personal Interview- 29th Aug 2011
 - d) Date of Final Result- 29th Aug 2011
 - e) Date of Commencement of the Course – Fifteen Days after the publication of Final Results
2. Completed application form should be enclosed with photocopies of the following documents
 - a) HSC Certificate
 - b) MBBS/MD Degree Certificate
 - c) Internship Certificate
 - d) Registration Certificate issued by Medical Council of India
 - e) Testimonials and Certificates of Prizes, if any
 - f) Passport copy, if any
3. A Demand draft of Rs.500/- drawn in Favour of Kanungo Institute of Diabetes Specialities and payable at Bhubaneswar will be enclosed with the documents as application fee.

4. Completed application form with the relevant documents should reach the Chairman Cum Managing Director, Kanungo Institute of Diabetes Specialities, 1120, Dumduma, Bhubaneswar-751019 by the stipulated date.
5. Incomplete applications will be rejected and no correspondence will be entertained.

ENTRANCE EXAMINATION

1. Entry restricted to the fellowship program only by qualifying the entrance examination
2. Selection is on the basis of written examination followed by a personal interview
3. The pattern of written examination includes multiple choice questions (MCQ's) & subjective.
4. Courses for written exam will cover from the course of Medical Degree.
5. Qualified applicants in written exam will be invited for personal interview.

SELECTION PROCEDURE:

1. Applicants with complete application form will be called for written examination.
2. Exam paper will be assessed by the Selection Committee headed by Dr. Alok Kanungo, CMD, Kanungo Institute of Diabetes Specialities.
3. The short listed applicants will be called for personal interview.
4. Selected candidates will be intimated individually and will report at the specified date & time with originals of the certificates submitted by them for verification.
5. No correspondence will be entertained with rejected applicants.
6. Before joining the Fellowship in Diabetes programme, the selected applicants will pay the prescribed fee and will enter into a formal terms and conditions with the CDRF and KIDS.

SERVICES OFFERED

Kanungo Institute of Diabetes Specialities (KIDS), the largest diabetes care venture in Eastern India provides multispecialty facilities in one campus.

- Out-Patient Diabetes Care
- In-Patient Diabetes Care
- Specialised Diabetes Services
- Diabetic Dietic services
- Diabetic Education Services
- Metabolic Laboratory Services
- Diabetes Detection Camps
- Pregnancy Diabetes Services
- Diabetic Eye Care Services
- Diabetic Foot Care Services
- Diabetes Dental care services
- Diabetes hearing acere services
- Neuro Diabetology Services
- Nephro Diabetology Services
- Lifestyle modification services
- Physiotherapy services
- Diabetes emergency services
- Library services
- Cardio-Diabetology Services
- Hostel Facility

MULTI SPECIALITY FACILITIES

Kanungo Institute of Diabetology

Institute of Diabetology is headed by Dr. Alok Kanungo, PhD, Chief Consultant Diabetologist.

The Institute services are supported by sophisticated technology that is made available to improve the precision and speed in diagnosis. The use of technology by experienced medical professional in enhancing patient care is special to our service. Service excellence is achieved through an ideal blend of medical brilliance and personalized care for the 100 bedded hospital.



- Well qualified full-time diabetologists.
- Patients undergo a detailed clinical assessment by the diabetologists
- Patients undergo full battery of investigations.
- Over 50,000 patients receive treatment for diabetes.

Kanungo Institute of Ophthalmology

- Regular screening
- Keratometer
- “A” scan biometer
- Auto refractometer



- Fundus photography
- Fundus fluorescein angiography (FFA)
- Laser therapy

Diagnosis on treatment of diabetes retinopathy and other eye disorder

Kanungo Institute of Foot care

Our foot care department provides routine integrated examination of the feet of diabetic patients. The unit is well equipped with Doppler Studies, Biothesiometry Test (BTM Test), Monofilament Test, Foot Scan, Electro Myographic (EMG) and Pulse Wave Velocity (PWV) studies. Specific training is given to patient on the practical aspects of foot care and special advice is given about the selection of footwear. The services are being offered by the clinic to prevent complications resulting in amputations.



Providing appropriate model of medically designed and structured shoe suiting to the requirement of each individual patient on condition of the affected foot.

Kanungo Institute of Neuro Sciences

The most modern technology and equipment are provided to cover the entire range of neurological diseases.

- It has most advanced stroke care team taking care of hyperacute stroke thrombolytic therapy.
- Deep brain stimulation (DBS)
- Comprehensive neuro rehabilitation program which include assessment and management by occupational therapists, physiotherapists and speech therapists.

Kanungo Institute of Dentistry



Dentistry Institute is a professionally managed unit, equipped with a team of experienced professionals and dedicated dental surgeons. Treatment of dental diseases like root canal treatment, Digital and OPG X rays, crown and bridge work, partial and complete dentures, dental extraction routine as well as impacted wisdom teeth, management of Jaw fractures is carried out in the state of art dental operation room.

Kanungo Speciality Diagnostic Services

High quality and efficient Clinical laboratory services with Highly qualified and experienced biochemists and technicians

All sophisticated investigations for Diabetes including

- Biochemistry
- Microbiology
- Serology
- Haematology
- Clinical Pathology

- Immunology



Sophisticated imaging technologies, that enables an optimal match of heart rhythm with the data acquisition providing the highest temporal resolution and it offers exquisite imaging of articular cartilage, bone marrow, bony trabeculae, with dynamic joint imaging.



Facilities for computerized ECG and cardiac stress Testing with a Computerised Treadmill and Echo-Cardiography.

Institute of Dietetics and Nutrition



A band of efficient and dedicated dietitians.

- Clinical diet advice with special attention for taste and preference to each individual.
- A diabetic diet museum.
- At every review, the patient's diet is analyzed by the dietitian and adherence to diet is assessed by a scoring system.

Research and Development

Large Research wing in collaboration with Karolinska Institute, Stockholm, Sweden and National Institute of Science Education And Research (NISER), Bhubaneswar recognized by Government of Orissa as a Research Institute for wider research on diabetes. Our research is focused on:

- Clinical research and clinical trials
- Epidemiological research
- Immunological research
- Genetic research
- Community based research
- Stress & metabolic syndrome (SMS)



Operation Theatre & ICU

- Offers specialized surgical services.
- Two well equipped operation theatres.
- 6 beded ICU with well equipped ventilators and monitors.



Physiotherapy and electrotherapy Services



Equipped with SWD, IFT, TENS, Ultrasound Diathermy, Traction and other Physical exercisers required for frozen shoulder, paralysis, neuropathies which are common in diabetes along with other conditions related to bones and muscles.

Diabetes Shoppe

-24 hour pharmacy with several useful products for people with diabetes have been displayed in the Diabetes shoppe.



Emergency Services



Our ambulances are fully equipped critical care units and accompanied by highly trained medical personnel to provide international standard emergency care and ready to rush emergency patients to the hospital round the clock.

Library services

Library services are available free of charge to all hospital staff. The Library's collection includes books and journals covering all medical specialties, as well as nursing and administration. Journals may not be borrowed. Turnaround time varies depending on service. Patient care emergencies are handled immediately. There is phone and fax available for staff use. The Library is open to the public from 9am- 10pm, Monday to Saturday. Appointments are preferred. A large number of consumer health collections are available for reference. The library has six public workstations, as well as wireless access. The public workstations provide access to the Internet, as well as the full suite of Microsoft Office.

LEAVE:

The trainee doctors will be granted leave as per the leave rules and regulations laid by the management.

CONTACT DETAILS:

Cuttack Diabetes research Foundation(CDRF)
Kanungo Institute of Diabetes Specialities(KIDS)
1120,Dumduma
Bhubaneswar-751019
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Management reserves all the right to change the terms and conditions of the training program relate to admission procedure, course fee, duration of program, rules and regulations applicable to the trainees and so on.

CUTTACK DIABETES RESEARCH FOUNDATION
&
KANUNGO INSTITUTE OF DIABETES SPECIALITIES
1120,DUMDUMA, BHUBANESWAR, ORISSA - 751019.INDIA

2 Year Fellowship Programme in Diabetology

APPLICATION FORM

Name of the Applicant – :

Permanent Address – :

Address for Correspondence – :

Phone No. (with area code) / Cell No. –:

E-Mail – :

Age & Date of Birth – :

Gender – :

Marital Status – :

Languages Known - To speak :
To read :
To write :

Admission to MBBS through - All India Entrances:

State level Entrance:

Management Quota:

Medical College Name - :

Affix
Recent passport size
photo

Educational Qualifications

QUALIFICATIONS	COLLEGE & UNIVERSITY	YEAR OF PASSING	% OF MARKS
HSC			
INTERMEDIATE			
Final MBBS			
PG Degree / Diploma, if applicable			
Compulsory Rotatory Internship	Name of the Hospital & Location	Date of Commencement	Date of Completion
Academic Distinctions, Prizes, if Any			

Post Qualification Professional Positions/Jobs –

Present Employment –

References with their addresses

- 1.
- 2.

DECLARATION

I declare that the above information furnished by me is true to the best of my knowledge.

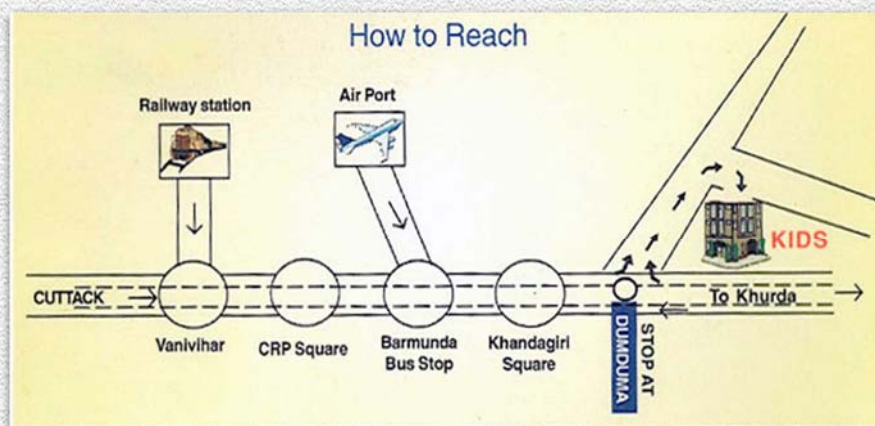
Place:

Date:

Signature

Important Dates

- | | |
|--|---|
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