

## **International Student Exchange Programme**

To provide exposure to opportunities inherent in research careers in areas relevant to Diabetes in a multi-cultural environment, Kanungo Institute of Diabetes Specialties (K.I.D.S) is providing internship courses for students of Karolinska Institute, Stockholm, Sweden, twice a year. The Summer Internship during the month of May and the Winter Internship during the month of November.

### **Goal of the Programme:**

The goal of the Program is to encourage medical students to consider research in diabetes and its complications as a career and to educate students about diabetes. Program Consultants assist the students in selecting an appropriate research project and preceptor. The students attended both theory and practical classes addressing various clinical and research aspects of diabetes mellitus and its complications. The entire programme is guided by Prof. C.B. Sanjeevi, Head of Diabetes and Molecular Immunogenetics Group, Karolinska Institute, Sweden and is also the Director, Research Wing, K.I.D.S Hospital.

### **Academic Challenge:**

Students are taught Clinical as well as theoretical aspects of Diabetes and its complications in the programme, 5 days a week. Faculties from all the departments (Diabetology, Cardiology, Nephrology, Neurology, Eye Dept. and Dental Dept) of K.I.D.S hospital are engaged in teaching the students. The internship course comprises of 3 speculative sessions.

1. Clinical session
2. Theoretical (Lecture) Session
3. Clinical case Demonstration

### **Course Contents:**

The Course Curriculum includes the following lessons.

- Introduction to Diabetes, Global burden of diabetes, Prevalence, Numerical Estimates, and Projections Worldwide
- Diagnosis and Classification of Diabetes
- Diabetes and Macro-vascular Complications
- Diabetic Retinopathy, including symptoms, vision effects and treatments
- Diabetes and Dentistry
- Diabetes and Renal Disorder (Diabetes and Chronic Kidney Diseases)
- Diabetic Neuropathies (Reviews the causes and symptoms of diabetic neuropathy and the different types of neuropathies)
- Diabetic Foot Problems, Prevention and Treatment
- Diabetes during pregnancy, Gestational Diabetes, its causes and diagnosis, and outlines treatments
- Diabetes and Critical care
- Diabetes & Surgery, Management of Diabetes Mellitus in Surgical Patient
- Modern Management of Diabetes
- Life Style Modification in Diabetes, Yoga for Diabetes Management
- Scope of Research in Diabetes Control and Management

Besides, the students are endowed with exposure to visit local Govt. hospitals, private hospitals and medical colleges, public health centers and community health centers to acquire adequate practical understanding of the concepts.

KI students are also encouraged to deal with patients in different health camps organized by K.I.D.S during their visit period.

### **Cultural Interaction:**

To acquaint our foreign friends with our historical, cultural and other places of interest, K.I.D.S organizes tour programmes for these students in the protection and care of our staff members. This programme enables them to get a better picture of the country and of our way of life, which plays a vital role in displaying India's rich cultural heritage.