

## Press Release

### ***Sri Guru Ram Das Institute of Medical Sciences and Research, Amritsar in consonance with Public Health Foundation of India imparts workshop under 'Certificate Course in Evidence Based Diabetes Management' to leading physicians in Amritsar region***

**Amritsar 19th August 2012:** Sri Guru Ram Das Institute of Medical Sciences and Research, Vallah, Amritsar organized a workshop under PHFI's 'Certificate Course in Evidence Based Diabetes Management' to leading physicians in the Amritsar region. The workshop was conducted by PHFI CCEBDM Senior Regional Faculty Amritsar, Dr. Narotam Bhalla and Dr. Gurinder Mohan apprising leading physicians in the region on latest developments in the field of diabetes management. The Certificate Course in Evidence Based Diabetes Management (CCEBDM), delivered by Public Health Foundation of India and Dr. Mohan's Diabetes Education Academy, Chennai, is a uniquely designed once-a-month executive training program for primary health care physicians with twelve study Modules spread over 12 months, that apprises physicians with not only the latest developments in the field of diabetes management but also equips them to deal with it more efficiently in their day to day undertakings.

Present on the occasion were Dr. Geeta Sharma, Director Principal, Sri Guru Ram Das Institute of Medical Sciences and Research, Amritsar, Dr. A.P. Singh, Additional Secretary, SGRD Charitable Hospital Trust, Dr. Gursaran Sidhu, President elect 2012-13 Indian Academy of Clinical Medicine, Dr. Hardip Singh Ghai (Civil Surgeon, Asr), Dr. Shiv Dutt Gupta (President IMA, Punjab State, Dr. Rajinder Singh, President IMA Amritsar, Dr Sandeep Bhalla, Public Health Specialist, PHFI and Program Manager, CCEBDM along with approximately 125 doctors and general practitioners from the Amritsar region.

Speaking at the occasion **Dr Sandeep Bhalla**, Public Health Specialist, PHFI and Program Manager, CCEBDM said *"It is estimated that by 2030, India will have 100 million people with diabetes. The medical fraternity requires gearing upto this challenge for effectively preventing, diagnosing and treating diabetes in large number of individuals, families and communities. Over the last 2 years the Certificate Course in Evidence Based Diabetes Management (CCEBDM) has carved a niche for itself and now in its 'Cycle III', the programme aims to achieve a new dimension in the area of diabetes management which ambitiously is larger than the previous cycle, covering 3000 primary care physicians pan-India."*

The Cycle II of the Certificate Course in Evidence Based Diabetes Management (CCEBDM) aims to:

- Develop core skills and competencies in primary care physicians for the practice of evidence based diabetes management.
- Establish networks between primary care physicians and existing specialized diabetes care centers in India for improving patient outcomes in Diabetes care.

Addressing the audience, Dr. **Geeta Sharma**, Director Principal, Sri Guru Ram Das Institute of Medical Sciences and Research, Amritsar said, "Diabetes is the leading cause of morbidity and mortality in India. Every third person in India is affected by this dreaded disease. The need of hour is awareness, prevention, early diagnosis and its management. This workshop is an excellent attempt to fulfill this aim by training the medical faculty in this direction".

In appreciation of this workshop, **Dr A.P. Singh** Additional Secretary, SGRD Charitable Hospital Trust said *"Since India is the capital of diabetes and number of patients has been on a rise year after year,*

*efforts in this direction by SGRDIMSR and PHFI is a fruitful attempt. SGRD Charitable Hospital Trust has always committed support to larger partnerships of such activities at any level.”*

Lauding PHFI and the CCEBDM program which is working to take Diabetes management and public health to a new height in India, **Dr Narotam Bhalla**, PHFI CCEBDM Senior Regional Faculty Amritsar and Professor SGRDIMSR said *“There is an urgent need to build capacity in the area of Diabetes management in Amritsar region as Type 2 Diabetes (T2DM), has become a serious health threat with exploding population and changing lifestyle. The need of the day is to have a trained set of doctors who are equipped with the latest advances in Diabetes Management, and also follow the latest international and national guidelines.”*

CCEBDM Cycle I was a country wide initiative launched on 8th August, 2010 in 57 cities across 18 states. The core groups involved in the course were the National Experts, Regional Faculty, Observers and Participants. A panel of 15 National Experts (nationally and internationally acclaimed Diabetologists & Endocrinologists) was involved in curriculum review and help in deciding course modalities. A group of 128 Regional Faculty (prominent Diabetologists & Endocrinologists) trained Primary Care Physicians in 100 centres. There were 72 single trainer centers & 28 merged centers with two Regional Faculty. The ratio of trainer to participant was 1: 8-10. The course had an enrollment of 1208 participants. Of these, 61 percent had an MBBS degree and 39 percent had post graduate degrees in myriad fields. A network of 61 eminent Observers from all over the country were involved in regular monitoring of the Program.

The reach of Cycle II is larger than the previous cycle as it now covers 119 centers in 65 cities covering 19 states and one union territory of the country. There are 15 National Experts, 149 Regional Faculty and 1568 Participants associated with the second cycle of CCEBDM. The curriculum for this cycle is revised based upon the feedback from Cycle 1.

The course is offered on a modular basis with judicious mix of case-studies, group discussion and direct teaching with great flexibility to accommodate participant’s requirements. Complete and comprehensive learning package including print and CD modules were provided by organizing institutions. Unrestricted educational grant for this capacity building initiative was provided by MSD Pharmaceuticals Pvt Ltd, India.

Participant assessment is through an ongoing internal evaluation, during course work and performance. The criterion for successful completion of the program is as follows:

- Participation in at least 10 of the 12 contact training classes along with due submission of interim Assignments.
- Clearance of certificate will be given only after final written examination.

Throughout the Cycle I approximately 15 randomly selected centers were monitored every month by a team of trained Observers. The average improvement in participant scores for every module calculated using pre-test and post-test results was 34% for Cycle 1. The average attendance for the Cycle 1 has been 86%. For Cycle II, 18 centers will be monitored very month.

This path breaking initiative has been received exceptionally well and has gathered tremendous accolades not only from the participants but also from the august academic fraternity. It has proved to be such a torch bearer in the field of Diabetes Management.

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### **About: Sri Guru Ram Das Institute of Medical Sciences and Research (SGRDIMSAR)**

Sri Guru Ram Das Institute of Medical Sciences and Research, being a prestigious institute situated in the holy city of Amritsar was founded by honourable Dr. Neelam Sanjeeva Reddy, the then president of India on October 17, 1997. Since then SGRDIMSAR is providing quality healthcare to the patients, irrespective of their caste, creed, religion or faith. The institute also concentrates on almost free treatment, investigations and O.T services to the needy patients. This institute is a front runner in organizing CME'S, conducting workshops, PG teaching programmes and patient awareness programmes. We bow our heads before the great Sikh guru's for showering their choicest blessings on Shiromani Gurudwara Parbandhak Committee (SGPC) Amritsar, under whose guidance and support, this institute is progressing rapidly.

### **About : Public Health Foundation of India (PHFI)**

The Public Health Foundation of India (PHFI) is committed to working towards a healthier India. PHFI is helping to build public health institutional capacity in India, through interdisciplinary and health system connected education and training, policy and programme relevant research, evidence based & equity promoting policy development, people empowering health communication & advocacy for prioritised health causes. Established in 2006 as a public private initiative, PHFI is an independent foundation headquartered in New Delhi and its constituent Indian Institutes of Public Health (IIPH) set up by PHFI have a presence in Hyderabad (Andhra Pradesh), Delhi NCR, Gandhinagar (Gujarat) and Bhubaneswar (Odisha). The Foundation is managed by an empowered governing board comprising senior government officials, eminent Indian and international academic and scientific leaders, civil society representatives and corporate leaders. For more information please visit [www.phfi.org](http://www.phfi.org)

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