



SHAHEED BABA DEEP SINGH

Department of Home Science

FACULTY OF ARTS & SOCIAL SCIENCES

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SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-
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Ref. No./HSC/Notice/2017/2018/1

02/08/2017

Notice

Dear Students,

This is hereby informed that Department of Home Science shall start Value Added Courses (30 hrs) from 16.sept.2017. For further details and participation please contact program coordinators.

Program detail

S.No.	Name of Course	Programe Coordinator	Date
1	Counseling Techniques	Dr. Nishma	16/sep/2017
2	Food Preservation	Dr. Nishma	16/ Nov/2017
3	Early childhood Administartion	Dr. Nishma	08/Jan/2018
4	Diabetes educator course	Dr. Nishma	01/Feb/2018
5	Food Safety and Hygiene Management	Dr. Nishma	10/March/2018

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Jyoti Gaur

(Head Department of Home Science)

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DEPARTMENT OF HOME SCIENCE
Swami Vivekanand Subharti University, Meerut

Registrar
Swami Vivekanand
Subharti University
MEERUT



Diabetes Education Value Added Course Department of Home Science Swami Vivekanand Subharti University

PROGRAM DURATION: 15 Hours

PROGRAM OVERVIEW

Diabetes Education Course is a value-added course of 15 hours duration. The course is an initiative by the Department of Home Science to improve and add value to the current curriculum of the students so as to enhance their field performance in future.

EDUCATION PROVIDED

- Diabetes Introduction
- Complications and risk factors for diabetes
- Management and monitoring of blood glucose levels
- Medical Nutrition Therapy



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DIABETES EDUCATION CURRICULUM

Program Name: Diabetes Education VAC

Eligibility: Class XII preferably in Science or Home Science

Duration: 15 Hours

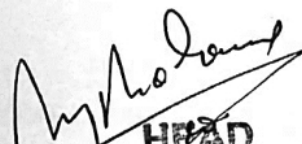
COURSE OUTCOMES

After completing the course, the participants will be able to:

- ❖ Describe diabetes, its various types and broad management plan.
- ❖ Inform patient about warning signs and symptoms of various complications associated with diabetes viz. Retinopathy, Neuropathy, Nephropathy etc. and modes of their prevention.
- ❖ Understand and verbalize the mechanism of regulation of blood glucose in human body.
- ❖ Verbalize the role of Pancreas towards metabolism, absorption, storage and excretion of blood glucose in human body.
- ❖ Demonstrate the ability to perform the technical and clinical skills essential in providing education to diabetic and pre-diabetic patients.
- ❖ To work in close collaboration with the health team, patient and their relatives for the better results and treatment of the patients.
- ❖ Describe Medical Nutrition Therapy principles, calculation of BMI, BMR, calorific consumption and diet etc.



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MODULE:

1. Regulation of Blood Glucose in Human Body

Duration: 2Hour

- Physiology of Pancreas
- Function of Pancreas related to regulation of blood glucose level
- Mechanism of blood sugar regulation in human body: Absorption, Utilization and Storage.
- Introduction and classification of Diabetes briefly

2. Introduction and pathophysiology of Diabetes Mellitus

Duration: 2Hour

- Describe Pathophysiology of Type 1 Diabetes
- Describe Pathophysiology of Type 2 Diabetes
- Describe Pathophysiology of Gestational Diabetes

3. Complications and risk factors for Diabetes Mellitus

Duration: 2Hour

4. Investigations for diagnosis for Diabetes Mellitus

Duration: 1Hour

- Assessment of Diabetic Patients
- Bio-chemical methods for the diagnosis of diabetes (Blood and Urine Sample Analysis)
- Fasting and Post Prandial blood Sugar level.

5. Use of glucometer

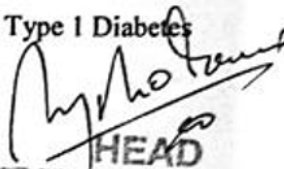
Duration: 1Hour

- Importance of Glucometer
- Glucometer Usage
- SMBG-Self Monitoring of Blood Glucose

6. Treatment Plan for Type-I DM

Duration: 1 Hour

- Basic and Advanced diabetes self-management skills for treating Type 1 Diabetes


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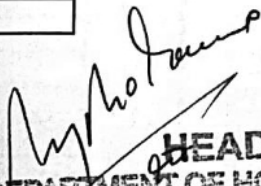


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Value Added Course - Diabetes Educator Course

Aryan Thakur
Jasvinder Singh
Manish Bansal
Mohd. Faeem
Rishab Ralhan
Satnam Singh
Vishal Kumar Singh
Arzoo Sisodiya
Abhinava Sagar
Apoorva Sagar
Sana Fatima
Gul Mehra
Aiwa
Yousif Mohammed Khalifa
Jitender Kumar
Monu Verma
Divya Ahuja
Jennifer John
Aanchal Tyagi
Abhijaya Malik
Bharti Kumari
Bhawana Sonkar
Devendra Yadav
Divya Sisodia
Km. Anju Giri
Km. Sangeeta
Mansi Garg
Nishu
Nupur Chaudhary
Poonam
Roshan Singh Mawri
Shivangi Agarwal
Tshewang Tobgay
Kelzang Jamtsho


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**Report on
Diabetes Education
Venue: Department of Home science
Date: 1.2.18 to 14.2.18
Resource person: Dr.Nishma Singh**

Shaheed Baba Deep Singh, Department of Home Science was organized a sessions on Diabetes Education,Dr. Nishma Singh give the sessions regarding diabetes,34 students was participated in this course, Dr.Nishma said that Diabetes Educator is a health professional who possesses comprehensive knowledge and experience in prediabetes, diabetes prevention, and management. DE is an integral part of the diabetes management teams. The Diabetes educator educates and supports people affected by diabetes to understand and manage the condition. A diabetes educator promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes. While diabetes educator may come from a variety of health professions, each member of the diabetic team is expected to integrate the role into their professional practice.

As we all know that, Diabetes is a serious and life-threatening disease; however it can be managed very well through proper treatment and controlling. Diabetes self-management training and education plays a vital role in the management of diabetes. It is crucial for diabetic patients to be aware of nature, treatment, risk factors and complication of disease due to providing suitable modality to attenuate following complications. In a study to detect the relation between health literacy, complication awareness and diabetic control among patients with type 2 diabetes mellitus, it was concluded that patient awareness scores and health literacy was negatively related to diabetes control.

Dr. Nishma said that better diabetic education and knowledge to control and treat diabetes at right time can minimize the chances to develop complications of diabetes and thus reduce morbidity and mortality in diabetics. It suggests that as the rising figures of people diagnosed with diabetes is becoming a challenge in the United Kingdom so a randomized clinical trial will be run by independent research teams to interpret effective delivery and cost effectiveness of CASCADE (Child and Adolescent Structured Competencies Approach to Diabetes Education) for children and young people involved in this trial. As we know that if diabetes is diagnosed in childhood and bitterly controlled, the chances to develop long-term complications become less. The CASCADE is a multi-centre randomized control trial involving 26 clinics randomly selected as control/intervention groups, including 572 children and young people. Despite of the advanced medications and their delivery systems there is less improvement in control of diabetes in children and young people in the United Kingdom in last decade. So new health delivery systems are needed for children and young people to improve and control the diabetes.





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Certificate of Completion

THIS ACKNOWLEDGES THAT

Aryan Thakur

has successfully completed
 30 hours value added course on
'Diabetes Educator Course'
 (February 1- March 8, 2018)

Dr. Jyoti Gaur
 Head, Department of Home Science

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 DEPARTMENT OF HOME SCIENCE
 S. V. Subharti University, Meerut

Dr. Nishma Singh
 Program Coordinator

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Certificate of Completion

THIS ACKNOWLEDGES THAT

Manish Bansal

has successfully completed
 30 hours value added course on
'Diabetes Educator Course'
 (February 1- March 8, 2018)

Dr. Jyoti Gaur
 Head, Department of Home Science

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Dr. Nishma Singh
 Program Coordinator

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