



**ISMN- INTERNATIONAL INSTITUTE OF FOOD AND NUTRITION ,
IN COLLABORATION WITH DEPARTMENT OF FAMILY MEDICINE, KING GEORGES
MEDICAL UNIVERSITY**

CERTIFICATE COURSE IN DIABETIC NUTRITION

A healthy diet is central to the management of diabetes. When you have diabetes you have to know a lot about food because food affects your blood sugar, your body weight, and your heart health. Diabetes is one of the biggest global public health problems: the prevalence is estimated to increase from 425 million people in 2017 to 629 million by 2045, with linked health, social, and economic costs. Urgent solutions for slowing, or even reversing, this trend are needed, especially from investment in modifiable factors including diet, physical activity, and weight. Diet is a leading contributor to morbidity and mortality worldwide according to the Global Burden of Disease Study carried out in 188 countries.² The importance of nutrition in the management and prevention of type 2 diabetes through its effect on weight and metabolic control is clear. However, nutrition is also one of the most controversial and difficult aspects of the management of type 2 diabetes. This certificate course will provide knowledge and competencies to students to facilitate the interventions and innovations in the area of Diabetes and nutrition .The modules will introduce key principles, theories and methods which underpin the study of Basics of diabetes and its Nutritional management. This course aims to equip the multidisciplinary diabetes healthcare providers with basic and essential nutrition knowledge on diabetes.

Course Aims

On completion of this module we expect our students to be able to:

- Understand the Basic concept of Diabetes management, glycemic response and its application in nutrition therapy
- Apply nutritional therapy recommendations for various types of diabetes
- Learn about meal-planning approaches and their benefits and disadvantages
- Become enabled to provide nutrition education to diabetes patients

**Structure of the Course
(According to UGC or MCI guidelines)**

Students will receive and will experience a variety of tools in the field of coaching, motivational interviewing and more, for the management of sessions with patients, aimed to support and guide health changes.

- **Eligibility : Doctors (all streams), Dieticians, Nurses, Wellness professionals, Diabetes educators and other healthcare professionals interested in learning about nutrition in diabetes are eligible for this course.**

Structure of course: Course will be divided into 10 modules Theory and practical classes will attempt to illustrate the importance of a healthy lifestyle as it relates to career choice and everyday living.

Module 1 -

Introduction to Diabetes. Epidemiology Definition and types of diabetes

Module 2

Non Pharmacological Management of DM,

Module 3

Acute complications of Diabetes

Module 4.

Chronic Complications of Diabetes

Module 5.

Monitoring of DM

Module 6.

Diabetes Self Education

Module7

Medical Nutrition Therapy.

Module 8

Diet Planning.

Module 9

Nutrition in diabetes related complications.

Module 10

Nutrition recommendations for prevention of diabetes.

Assignments and Evaluations

Total Marks 100

Presentations: Final presentation of case studies.. 20 marks

MOQ: 80 marks/module

- FEES OF COURSE: RS 6800/-
- COURSE DIRECTOR : PROF NARSINGH VERMA
- INTERNATIONAL GUEST FACULTY : TBA

