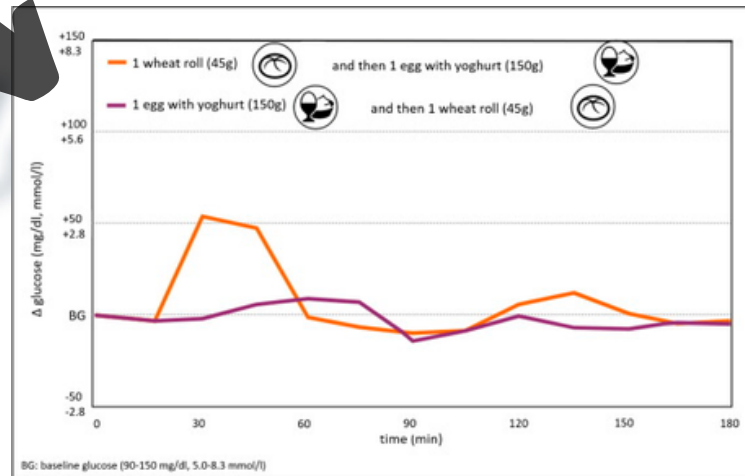




- *initiated* Fellowship Program in Obesity & Diabetes (MFP - O & D)





~ Transforming Lives ~

Fellowship Program
in Obesity & Diabetes

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01 Introduction

In 2021, there were 529 million people living with diabetes worldwide, and the global age-standardised total diabetes prevalence was 6.1%

By 2050, more than 1.31 billion people are projected to have diabetes, with expected age-standardised total diabetes prevalence rates greater than 10%

Diabetes and Obesity have become the most serious health problems today, generating a high number of co-morbidities and becoming disabling for the person who suffers from it. For this reason, medical professionals must remain up-to-date with the main therapeutic alternatives, detailed knowledge about pharmacology and the basic surgical procedures that enable a better quality of life for those who suffer from this disease with complications.

However, specialists rarely have pedagogical programs that cover all these competencies from top to toe in a practical way. In response to this situation, this immersive and intensive on-site program has been created, in which the physician will acquire an up-to-date knowledge of the main trends in the care of patients suffering from these conditions.



Acquire the best of wisdom on Diabetes, through this program, and learn the hands-on know how to the use of the latest generation of technology and the right application of the latest pharmaceuticals for the therapeutic care of people with diabetes and obesity under your care"





In little more than a decade, the incidence of diabetes has skyrocketed worldwide. The number of patients is growing progressively and, at the same time, deaths exceed two million cases each year. This chronic systemic condition requires the care of multiple medical specialties such as Nutrition, Endocrinology, Cardiology, Neurology, Ophthalmology, Oral Hygiene, Podiatry among others. The professionals dedicated to learn must have a comprehensive and up-to-date mastery of all the specificities in order to be able to help their patients' thrive much well beyond just about survival. However, access to study such vast programs that focus to develop the practical skills necessary for the clinical approach to patients is limited.

For this reason, MDF initiated – METTA (100 hours) Fellowship Program(MFP) offers a unique opportunity for university students, recent graduates and post graduates, in fact anyone who is thirsty for more knowledge and years to offer highest quality community services by learning first-hand what the global think tank is prophesizing all around about obesity & diabetes and the advances in other cardiometabolic renal continuum.

MFP has devised a pioneering program that is entirely dedicated to the development of care competencies for specialists involved in diabetic care. This academic modality comprises 4 weeks of intense training, during which physicians will be up-to-date on the implementation of modern diagnostic, therapeutic, pharmacological and some basic surgical (dressing) protocols.

02 Why Follow our Fellowship Program?

Medical professionals who care for people with diabetes (PWD) must keep up-to-date with the main advances in this medical speciality. Nevertheless, as a general rule, they do not have educational programs at their disposal that provide them with the most complex scientific tools and resources in a direct and immersive way. In this context, MFP has designed an excellence Fellowship Program with which the specialist will delve into these aspects over 4 weeks of on-site intensive learning, under the guidance of leading experts.

“MFP will also allow you to get up to date with modern surgical procedures to fight Obesity & Diabetes such as Metabolic Surgery or pancreas transplantation”

1. Updating from the Latest Technology Available

In recent years, science has innovated with technology to combat Obesity & Diabetes. From this ongoing research, complex devices such as real-time continuous interstitial glucose monitoring, continuous subcutaneous insulin infusion (CSII), electronic tools for the monitoring of therapeutic approaches, automated bolus calculators for insulin and electronic tools for education and information of patients have emerged. With this program, physicians will have access to these components and will learn, in an immersive way and with real patients, how to proceed with their implementation. All this, in a comprehensive educational process of only 4 weeks (or max. of 3 months for selected suitable candidates) of duration.

2. Gaining In-depth Knowledge from the Experience of Top Specialists

Throughout 100 educational hours, the graduates/post-graduates will be part of a medical institution with great specialists dedicated to fighting Obesity & Diabetes. Through the exchange with these experts, students will develop skills that are highly sought after in their professional environment and that correspond to the latest advances in medical fields such as Nutrition and Endocrinology. In addition, they will be supported by an associate tutor to clarify doubts and concepts of interest.

3. Entering First-Class Clinical Environments

For this program, MFP has carefully selected the medical centres who are proficient in clinical management and academic post graduate training. These centres have the most innovative technology and the skillset available at the moment along with the renowned specialists from the public and private health care spaces. As the best results in medical service are related to the intimate interaction between patients, caregivers, researchers and industry, this combination of resources and qualified personnel will enable our fellows to update their knowledge of diabetes management in a faster and more flexible way.



4. Putting the acquired knowledge into daily practice from the very first moment

Through this MFP, the fellows will have direct access to real(world) cases and will be able to apply new techniques, of varying complexity, in the diagnosis and treatment of Diabetes. From this fellowship, 100% practical and on-site, the fellows will be able to perform all clinical procedures, various investigations, trials of different pharmacological options along with very intensive behavioural therapies which would enhance the quality of life and add healthy years to all the patients. They will soon be able to employ sound clinical judgment and critical thinking abilities throughout the patient care process.

5. Expanding the Boundaries of Knowledge

This academic modality offers the trainees the possibility of accessing highly prestigious health institutions. These leading centres will be located in Kolkata, to guarantee the access to international environments and health care standards. MFP would empower all the fellows to demonstrate effective teaching skills for educating patients and their families, appraise the academic / bedside learning with trainers to promote the health of the patients and improve their quality of life, to illustrate their communication competence by showing examples from video/journals/worksheets to reflect upon the changes on their lifestyle and an effective 'w'holistic therapeutic planning. A lifetime opportunity to stay connected with the mentors(leading key opinion makers) from around the world for any ready solution is the hallmark of the MFP.

“You will have full practical immersion at the centre of your choice”

03 Objectives

As a main goal, this Fellowship Program in Obesity & Diabetes expects its fellows to acquire full mastery of the latest diagnostic, pharmacological and other very special life changing assistance techniques that improve the quality of life of those suffering from such complex disease entities. This learning process, unlike other study programs, is a 100% on-site and immersive experience. The goal of the MFP is to provide all trainees with a dynamic experiential internship in preparation for an illustrious career in Clinical Medicine by developing core practice skills and additionally empower with an able understanding about Clinical Research.



General Objectives

Deepen the understanding of the complex mechanisms of glycemia regulation; and improve the knowledge of the basic philosophy about the physio-pathogenesis of type 1 diabetes(T1D) & type 2 diabetes(T2D), gestational diabetes(GDM) in order to understand and apply judiciously the existing therapeutic approaches and its prevention. Acquire the knowledge and skill necessary for a comprehensive assessment of the person with diabetes, with special reference to acute complications of glycemic control. Learn about the chronic macrovascular and microvascular complications related to Diabetes, as these become the main cause of mortality in these patients





Specific Objectives

- Expertly deal with the treatment of PWD in special situations such as the elderly, institutionalized, during travel, and in the rural world and at work
- Delve into the epidemiology of T1D and its determinants, as well as to study T2D as an epidemic in the health care environment
- Detect diabetes early in the population, through *screening* techniques
- Analyze the aetiopathogenic mechanisms of T1D, T2D & GDM, that will serve as therapeutic targets
- Expand knowledge of the skills necessary for the global treatment (nutritional, exercise, healthy habits and therapeutic measures) of the PWD
- Knowing how to prevent or delay the development of T1D, T2D & GDM, by acting on the aetiopathogenic mechanisms involved
- Differentiate acute abnormal glycemic complications for their correct therapeutic approach
- Handle the different blood glucose monitoring devices, as well as insulin injection devices (continuous insulin perfusion pumps) and to be able to interpret the data resulting from these devices
- Acquire the knowledge and skills of anthropometry and insulin resistance measurement
- Delve into the current knowledge on the overview of macro- & microvascular disease in diabetes
- Master the pharmacological treatment of T2D & GDM in order to be able to prescribe the best pharmacological strategy for each PWD according to their comorbidities
- Learning the global management of obesity in PWD
- Apply technology in new forms of medical care for diabetic patients (e-consultation, telemedicine, online Educational programs...)
- Acquire the necessary knowledge and skills of diabetes education, as part of the treatment of diabetes, to facilitate the knowledge, skill and ability necessary for self-management



By enrolling in this Fellowship Program, you will update your knowledge on the approach to Morbid Obesity in patients with a base of Diabetes in a 100% direct and on-site way"

04 Educational Plan

This MFP is a unique learning opportunity. The fellow will have the opportunity to perform multiple activities, of varying complexity, in a first level hospital environment. This on-site internship will last 4 weeks, with 5 to 6-hour shifts with a lunch break in between, from Monday to Saturday. During this period, the trainees will acquire new healthcare competencies and will be ready to apply their new knowledge in their daily professional practice in a quick and exhaustive manner.

In this completely practical MFP the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity in a safe environment for the patient and with highly professional performance. Another advantage of this program is the direct link with real patients. In this way, fellows will be able to apply different diagnostic and therapeutic techniques that will broaden their expert profile. Throughout the learning process, they will be under the academic guidance of an experienced Tutor, either in a private corporate set up/ or a public teaching hospital setting. This teaching figure will be in charge of supervising the fellow's progress and will have an impact on the development of skills by indicating specific tasks. The practical education will be carried out with the active participation of the fellow performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees who facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of medicine (learning to be and learning to relate).



The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
Therapeutic Management - Pharmacological trends of Diabetes	Use insulin pumps, wireless or with probes, to continuously deliver specific amounts of the substance to the patient. Applying closed-loop artificial pancreas to deliver insulin to the demanding subject in the most judicious manner
	Prescribing metformin, the first drug prescribed for T2D, followed by sulphonylureas, glinides, alpha glucosidase inhibitor, DPP4inhibitors, TZDs, GLP1 RAs and SGLT2i according to latest guidelines
	Applying the continuous glucose monitoring of blood sugar devices and get to see the changes of the excursion in response to lifestyle changes and effect of medications working in tandem with the angelic team of our diabetes care and education specialists(DCES)
	Practical exemplification of an easy journey of insulinization with 2 live cases of PWD(with one T2D subject certainly) along with the support of the DCES playing the pivotal role
Therapeutic Management - Surgical role in Obesity & Diabetes	Evaluate the conditions of the patient with T2D in order to perform a pancreas or pancreatic islet transplantation
	Implement Bariatric Surgery and Gastric Bypass as a method to reduce the blood glucose levels of patients with Morbid Obesity and Diabetes
	Manage Diabetes and Prediabetes through Metabolic Surgery
Comorbidities and Complications of Diabetes	Determine the presence of diabetic retinopathy, diabetic nephropathy, erectile dysfunction and diabetic neuropathy from the detection of microvascular alterations
	Prevent the occurrence of diabetic foot ulcers and also observe atleast one case study for doing the dressing / or surgery to the foot
	Prevent the occurrence of cirrhosis and treat non alcoholic fatty liver in PWD along with an extra emphasis on overweight/obesity management
	Assess risk factors for cardiovascular & cerebrovascular damage due to genetic or unhealthy lifestyles that increase the risk of death in PWD and know the treatment
Maternal and infant care in a case of GDM	Assess glucose overload or glucose tolerance by oral tests
	Monitor the pregnant patient with GDM to prevent the development of elevated blood pressure and preeclampsia
	Proper MNT & Insulin therapy and early identification of macrosomia in the fetus as a result of GDM
	Monitor glucose intake and other medical care of newborns with hypoglycemia, respiratory problems or jaundice as a result of the mother's GDM

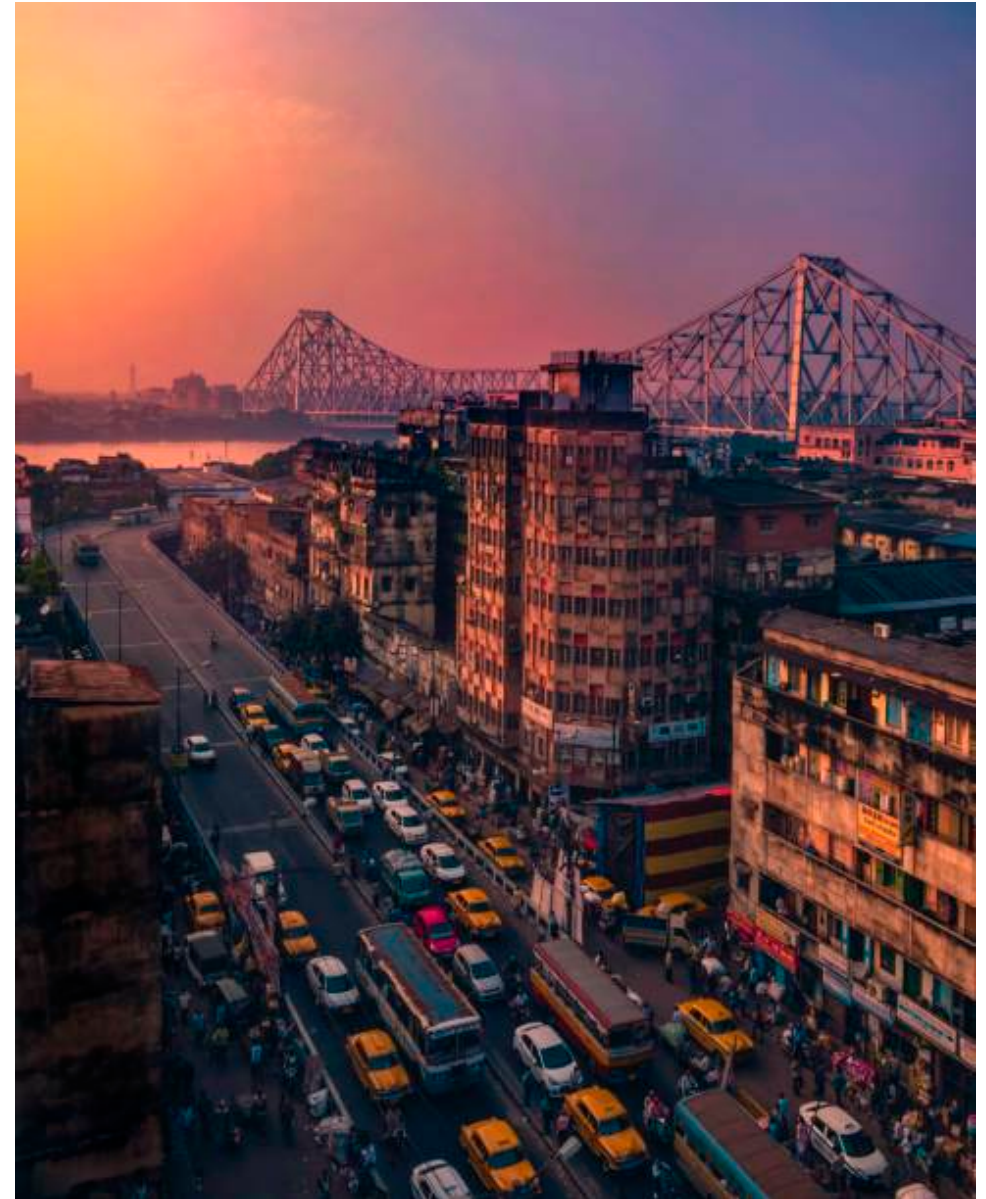
05 Where Can You Do the MFP?

This MFP will take place in a prestigious health institution where the study of Personalized Obesity & Diabetes is a priority. The institutions selected for this intensive and on-site internship have the most innovative technologies and a trained staff committed to the management of procedures and equipment in this field of medical research. At the same time, the fellow will have access to the best of facilities; thanks to this program's eagerness to develop an update based on international standards.

The following institutions which are regarded as the centres of excellence in training:

- METTA Clinic(Gariahat)
- NRS Medical College & Hospital
- Apollo MultiSpeciality Hospital
- Peerless Hospital

“During this program, you will be able to apply what you have learned directly on real patients, from the first day of work”



06 General Conditions of the Fellowship Program

The general terms and conditions of the MFP are as follows:

- **TUTOR:** During the Fellowship Program, fellows will be assigned with two tutors(1 specialist physician and 1 diabetes educator) who will accompany them throughout the process, answering any doubts and questions that may arise. On one hand, there will be a professional support belonging to METTA Clinic who will guide and support the fellow at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the fellows during the whole process, solving doubts and facilitating everything they may need. In this way, the fellow will be able to discuss any doubts that may arise, both clinical and academic.
- **BACKGROUND & PRIOR EDUCATION:**
Following documents are required for submission before enrollment:
 1. • An application letter or form duly filled up
 2. • CV/resume
 3. • Passport
 4. • Senior secondary school certificate
 5. • Degree certificate or testimonial
 6. • Medical /Nursing/Nutrition license
- **DURATION:** The Fellowship Program will have a duration of FOUR continuous weeks (India & rest of the world)/or maximum of THREE months (India), in 6-hours a day (with a lunch break ~ 30mins), for 6 days a week. The days of attendance and the schedule will be the responsibility of the centre and the professional trainee will be informed well in advance so that they can make the appropriate arrangements.
- **WHAT MFP DOES NOT INCLUDE:** The MFP does not involve in any element which does not come under the purview of the responsibility of our centre services like fooding and lodging, for which the candidates should make the appropriate arrangements . Complete transportation facilities to and from the clinic/hospital, visas or any other items are not listed.
- **ABSENTEEISM:** Absence for more than three days at a stretch from the fellowship, without justification or a valid medical reason, will result in the trainee's withdrawal from the MFP and another scope of enrolment may be considered after 3months. Any problems that may arise during the course of the fellowship must be urgently reported to the respective academic tutor.

07 Certificate

This METTA - initiated Fellowship Program in Obesity & Diabetes contains the most complete and up-to-date program in the professional and academic landscape.


After the student has passed the assessments, they will receive their corresponding Fellowship Program certification issued under the auspices of the METTA (Dana) Foundation(MDF) which will be handed directly on the last date of attendance with a brief farewell ceremony.

The certificate issued by MFP does not reflect any grade or bias.





METTA Clinic

 18/18 Dover Lane, Kolkata - 700029




N.R.S. Medical College

 138, Acharya Jagdish Chandra Bose Rd, Sealdah, Raja Bazar, Kolkata, West Bengal 700014




Apollo Multispeciality Hospital

 58, Canal Circular Rd, Kadapara, Phool Bagan, Kankurgachi, Kolkata, West Bengal 700054



Peerless Hospital

 360, Panchasayar Rd, Sahid Smirity Colony, Pancha Sayar, Kolkata, West Bengal 700094




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REGISTER NOW



 (+91)7439812606 / (+91)8100085657

 mettacare.clinic@gmail.com

