



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


REQUIREMENTS


- ✓ B.Sc/M.Sc – Nutrition, Food service Management and Dietetics / Clinical Nutrition & Dietetics / Food & Nutrition / Food Science and Nutrition / Public health / Psychology
- ✓ B.Sc/M.Sc - Nursing / Diploma in Nursing
- ✓ B.Sc/M.Sc – Microbiology / Bio-Chemistry / Biology /Botany /Zoology.
- ✓ BPT/MPT –Physiotherapy



REGISTER NOW



18/18 Dover Lane, Kolkata - 700029 

(+91)8100085657 / (+91)7439812606 

www.healiousglobal.com 

mettacare.clinic@gmail.com 

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, 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"

OBJECTIVES

At the end of the course the candidate will have not just one certificate of merit, but be empowered with skills that would allow them to perform the following activities:

1. Demonstrate to implement and evaluate the performance of the treatment plan in various settings situations.
2. Apply documentation, reporting and follow up activities to the patients and the health team.
3. Apply foot care assessments and procedures in areas such as wound etiology for the diabetic foot, wound care assessments, venous and neuropathic ulcer, infection, inflammation control and moisture control.
4. To classify and staging system for the diabetic foot ulcer and periodontitis
5. Recognize how sensory motor autonomic neuropathy affect development of a heart or foot problem.
6. To be able to perform duties in providing foot care for the patients including saline dressings, trimming and removing of callus etc. (for nursing cadre/ professional with authority for minor surgical interventions).
7. To work in close collaboration with the health team, patient and their relatives for the better results and treatment of the patients in the (w)holistic METTA Care Services concise and complete program.
8. Describe the expanding clinical role of CDE.in general and in specific particular settings.
9. Discuss the educator role in the professional practice of each team member and methods of collaboration with the interdisciplinary healthcare team.
10. Demonstrate the ability to perform clinical and technical skills essential in providing education to the diabetic or pre diabetic patients.
11. Demonstrate professional behaviour, personal qualities and characteristics of a Diabetes Educator.
12. Apply principles of patient rights in a various simulated situations and in real clinical trials.
13. Demonstrate and train the skillset of a compassionate communication process of a Diabetes Educator, reflecting a professional appearance with a positive attitude.
14. Practice hands-on training with all the instruments and gadgets required in screening for all known diabetic complications
15. Demonstrate Basic & Advanced Life Support, Cardio Pulmonary Resuscitation and other actions in event of medical and facility emergencies
16. CDE shall examine and evaluate the patient in details as per clinical protocols set by the Endocrinologist (with whom attached) or the institution where the CDE is employed
18. CDE shall learn to inform patient about warning signs and symptoms of various complications associated with diabetes viz. heart, brain, liver, retina, kidney etc. and advise the modes of prevention

Conclusion

- 1. Education: Empowering patients with knowledge about sources of added sugar enhances their ability to make informed choices.
 - 2. Mindful Eating: Encouraging mindfulness in food consumption helps patients recognize and control their sugar intake during meals and snacks.
 - 3. Whole Foods Adoption: Promoting the consumption of whole, unprocessed foods fosters a nutrient-dense diet while naturally reducing added sugar.
 - 4. Personalized Guidance: Tailoring advice to individual preferences and lifestyles enhances the likelihood of sustained adherence to a low-added sugar diet.
 - 5. Regular Check-ins: Ongoing support and follow-ups facilitate accountability and provide opportunities to address challenges, ensuring a smoother journey toward reduced sugar consumption.
 - 5. Gradual Transition: Advocating for a gradual shift away from high-sugar foods promotes sustainable lifestyle changes, reducing the risk of relapse.
- Countability : Dietary guidelines for Americans to limit intake of added sugars from all foods and beverages to < 10% of total daily calories , translates to ≤ 9 teaspoons for men and ≤ 6 teaspoons for women.

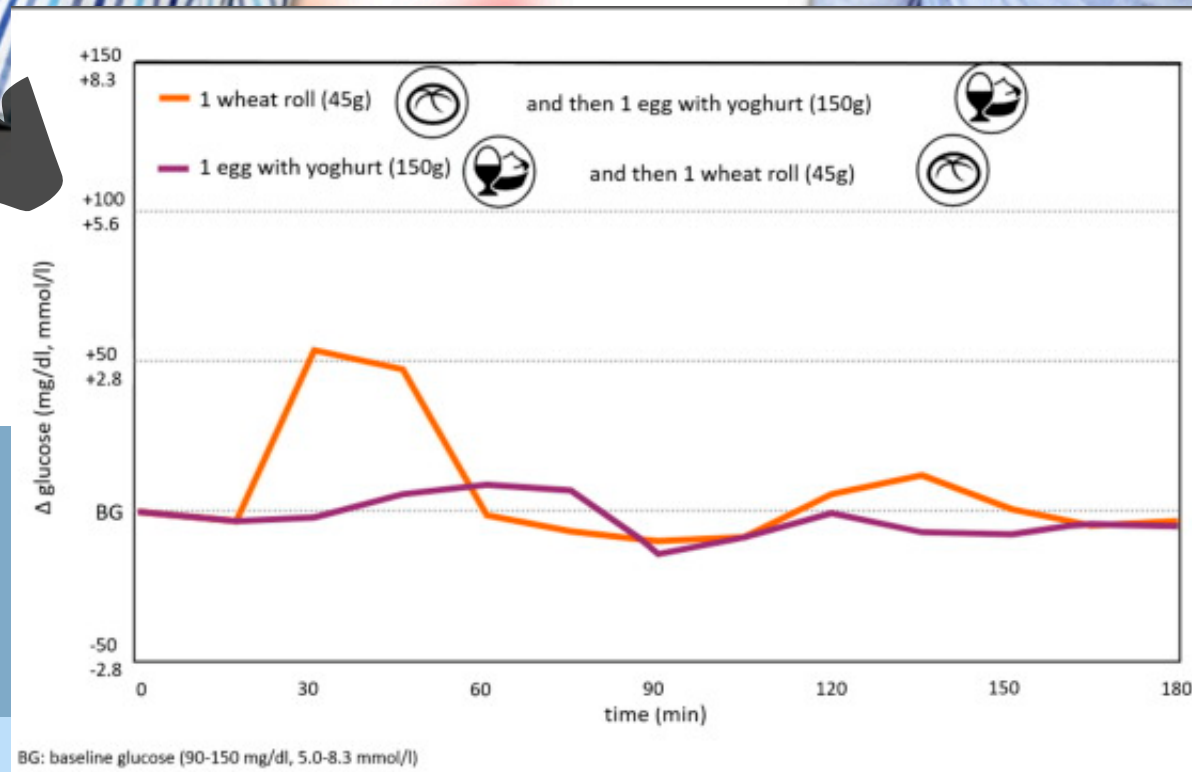


By enrolling in this Fellowship Program, you will update your knowledge on the approach to Morbid Obesity in patients with a base of Diabetes in a 100% direct and on-site way"





“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”



ATTENDANCE

A candidate has to secure minimum 80% attendance in overall with at least 75% attendance in theoretical and 90% in skill training (practical) for qualifying to appear for the final examination.



MEDIUM

Bengali, English & Hindi shall be the medium of instruction for all the subjects of study and for examination of the course.

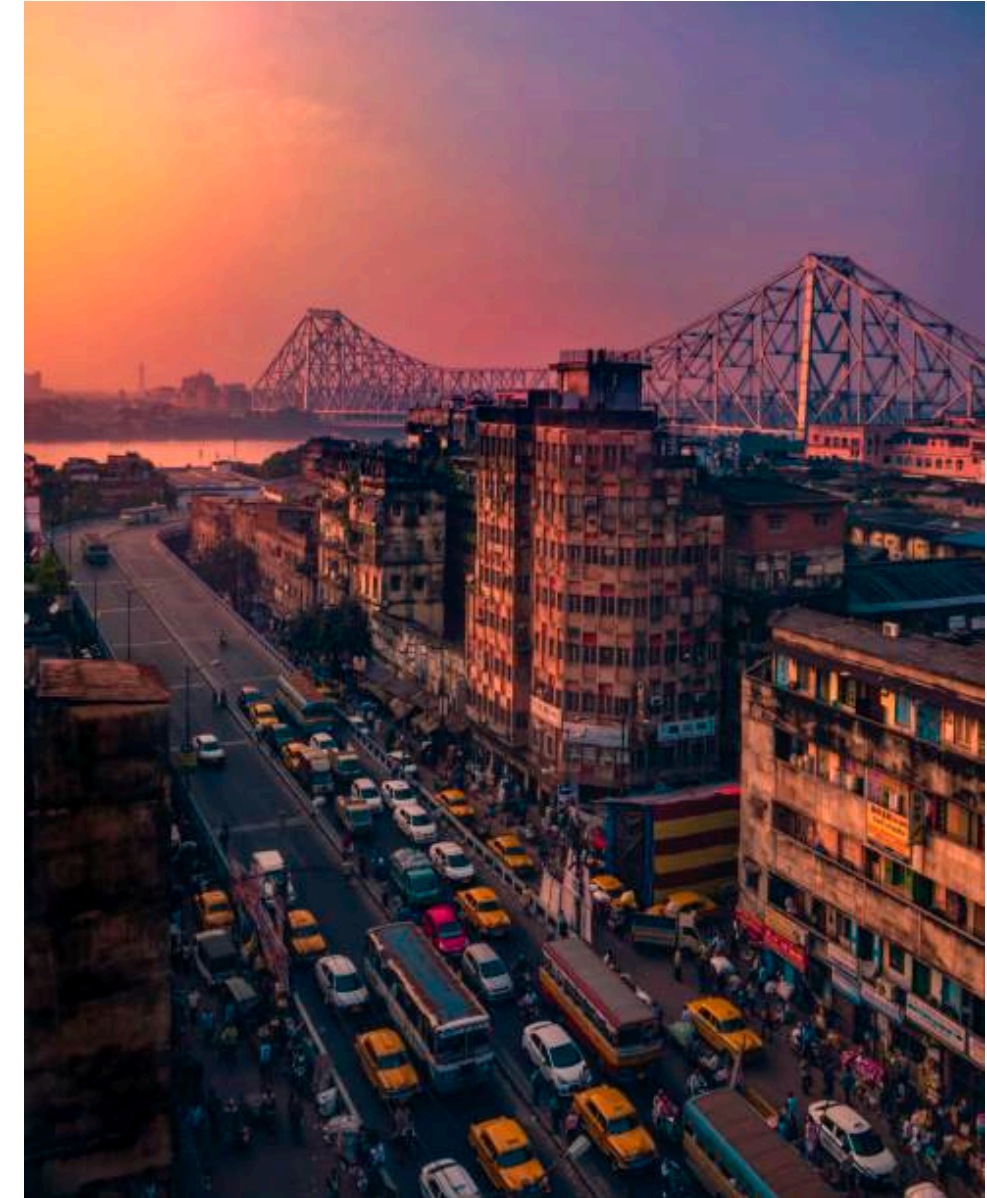
Where Can You Do the MFP?

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.

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

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**



COURSE 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.

BACKGROUND & PRIOR EDUCATION:

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.

