**IJEM**

**Brief Communication**

**Treatment essentials and training for health care providers**

Sunil M. Jain  
*Chief Endocrinologist, TOTALL Diabetes Hormone Institute, Indore, Madhya Pradesh, India*

---

**ABSTRACT**

The lack of awareness among health care providers (HCPs) is one of the biggest challenges for the management of patients with type 1 diabetes mellitus (T1DM) in India. Major challenges faced by HCPs include lack of awareness about the disease among general physicians and inadequately trained staff to deal with children with T1DM. The changing diabetes in children (CDiC) program is helping in overcoming these barriers faced by HCPs. CDiC provides treatment, monitoring tools, and education to children affected with T1DM and has been instrumental in developing various education and awareness tools.

**Key words:** Changing diabetes in children, healthcare professionals, type 1 diabetes mellitus

---

**INTRODUCTION**

The lack of awareness among qualified health care providers (HCPs) is one of the biggest challenges for the management of patients with type 1 diabetes mellitus (T1DM) in India. One of the major issues faced by the HCPs is in transferring the right information to the patients and parents about T1DM. Major challenges faced by HCPs include lack of awareness about the disease among general physicians, inability to transfer this information to adults and children due to lack of motivation and interest, lack of appropriate treatment protocols, inadequate treatment structures, inadequate trained staff to deal with children with T1DM, lack of follow-up, and inadequate infrastructure to deal with emergency conditions (hypoglycemia and diabetic ketoacidosis) associated with T1DM. Among these, inadequate trained staff is the greatest challenge faced for managing children with T1DM. Most of the educators in India are playing a role primarily of an insulin trainer, rather than a T1DM educator.

The changing diabetes in children (CDiC) program is helping in overcoming these barriers or challenges faced by HCPs by providing continuous training to HCPs through healthcare programs.

Attempts have been made by CDiC in order to create interest about the special needs of T1DM among qualified HCPs. CDiC has provided training to HCPs living in smaller towns, and also to the support staff, in order to deal with children with T1DM, and has also assisted in developing protocols for diabetes educators.

Apart from the treatment, monitoring tools, and education, which are provided by the various centers in the CDiC program, CDiC has successfully conducted six advisory boards meeting with the involvement of all center directors. One of the biggest international T1DM meets for HCPs was conducted in January 2013 in Bangalore. Overall so far, 1,931 doctors and 1,033 paramedical staff have been trained via these “T1DM workshops,” conducted across the country, in coordination with the centers. CDiC has also released booklets on diabetes in children along with a booklet for diabetes educators, in the hope that with the information provided in these booklets HCPs can help the...
parents and children in managing glycaemia better. CDiC has also published scientific articles on type 1 diabetes in journals like the Journal of Social Health and the Indian Journal of Endocrinology and Metabolism. Furthermore, 7 newsletters related to management of T1DM have been released by CDiC.

Changing diabetes in children has been instrumental in developing various education and awareness tools namely differential diagnosis flyer, poster set on hypoglycemia, hyperglycemia, and insulin, glycated hemoglobin converter, visual aid binder, posters, DKA poster, and a book on type 1 diabetes for training HCPs.

So far, 29 HCP workshops have been conducted by CDiC where management of T1DM has been discussed in detail with the HCPs who are working as general practitioners. Along with medical aspects, psychosocial and behavioral management of children with T1DM was also discussed.

Recently, 8 T1DM workshops have been accredited by the respective State Councils. This has generated interest among HCPs to get involved in such teaching sessions. Correspondingly, a curriculum with power-point presentations for training diabetes educators has been prepared and circulated.

**Summary**

Changing diabetes in children is engaging in a lot of discussions with and training of HCPs on newer aspects on management of T1DM. CDiC is also trying to acquire International Society for Paediatric and Adolescent Diabetes (ISPAD) accreditation for HCP training program and booklets. Accumulation of learning from this program will be used for benefit of all children with diabetes. By this approach of training HCPs and educators and by simultaneously providing insulin with various monitoring tools, CDiC hopes to change the paradigm of management of T1DM in India in coming years.

**References**

1. Prasanna Kumar KM, Dev NP, Raman KV, Desai R, Prasadini TG, Das AK, et al. Consensus statement on diabetes in children. Indian J Endocrinol Metab 2014;18:264-73.
2. Kumar KM, Azad K, Zabeen B, Kalra S. Type 1 diabetes in children: Fighting for a place under the sun. Indian J Endocrinol Metab 2012;16 Suppl 1:S1-3.

*Cite this article as:* Jain SM. Treatment essentials and training for health care providers. Indian J Endocrinol Metab 2015;19:22-3.

*Source of Support:* Nil, *Conflict of Interest:* None declared.