



Diabetes cannot be managed by clinical intervention alone...

Diabetes in India...

International Diabetes Federation (IDF) data shows India ranks second for total number of persons affected by diabetes with an estimated 63 million and an average prevalence rate of 9%. A patient's safe, healthy balance of diabetes is developed with positive, knowledgeable clinical intervention which includes an up to date diabetes education supporting a balanced lifestyle (healthier foods, adequate exercise, and sleep) along with proper medication use.

Diabetes Self-Management Education (DSME) has proved to make a substantial positive impact in diabetes patients. DSME can be a complicated process involving goal setting by the patient and working to achieve those goals. Diabetes Educators play an important role in assisting patients and families overcoming barriers. Diabetes Educators are well versed in such critical areas as self-monitoring of blood glucose (SMBG), diet and lifestyle, blood pressure management, basic foot care, medication and insulin adjustment, behavior therapy and weight management, and understanding biomedical parameters.

Why IDEEL?

Adapted from Project HOPE's highly successful India Diabetes Educator Project, which provided training programs to over 3,000 allied health professionals, IDEEL aims to increase patient access to qualified diabetes educators. Trained graduates will incorporate knowledge gained from the course into diabetes self-management education (DSME) to enable their patients to improve important diabetes health outcomes such as more balanced blood sugar levels, cholesterol, weight, greater energy levels and productivity, and often a more elevated mood.

The objectives are:

- Increase access to affordable diabetes educator training for allied health professionals
- Increase diabetes self-management knowledge among allied health professionals
- Increase opportunities for trained diabetes educators as recognized professionals

Diabetes is a global crisis...



According to the International Diabetes Federation (IDF), in 2012 more than 371 million people have diabetes and by 2030 this number will reach nearly 552 million.

- ⇒ 80% live in low and middle income countries
- ⇒ Global prevalence of diabetes in adults is 8.3%

The goal of IDEEL is to train educators in India who will reach thousands of diabetes patients with self-management messaging!

Course Design

IDEEL is a four month, online, self-paced course consisting of five modules covering topics on:

- Self Management Education—communication and counseling, self management education and empowerment, and pathophysiology of diabetes
- Lifestyle Modifications
- Pharmacotherapy—Insulin, OHA, complimentary therapies, and management during special situations (disasters)
- Glycemic Excursions and GDM
- Diabetes related complications



The final component is a two week internship. Upon passing the final exam and completing the internship, students will receive a certificate of completion.

Eligibility Requirements

The curriculum is most appropriate for health professional graduates with degrees in nutrition, nursing, pharmacology, social science, life science, or clinical science. Participants with a background in nutrition or nursing must have completed a 45 day clinical internship, while other participants must have completed a 90 day clinical internship. Additionally participants must be able to successfully access the internet and be able to use a computer.

How do I enroll?

Interested participants who meet the eligibility requirements outlined above can apply online via our website at www.ideel.org.

How much does the course cost?

\$125 USD or approximately 8250 INR— Payment will be accepted online via credit or debit card. Group discounts are available. Contact us at infoindia@ideel.org for more information.

Questions

Please contact a member of the Project HOPE team with any questions.

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**PROJECT
HOPE**
FOUNDED IN 1958