



Diabetes and Metabolic Disorder Care

Qualification : Nursing, Pharm.D and Relevant Degree in Medicine



Course Achievements

- Gain the ability to diagnose and manage common metabolic and endocrine disorders, particularly diabetes.
- Learn effective use of medications and lifestyle interventions for these conditions.
- Enhance your skills in patient monitoring, risk management, and addressing psychosocial aspects.
- Build strong theoretical knowledge to support clinical decisions and patient consultations in a primary care setting.

Module 1: Care of People with Metabolic Problems - Diabetes

➤ Diagnosis of Diabetes

- Understanding Diagnostic Criteria
- Types of Diabetes (Type 1, Type 2, Gestational, etc.)
- Laboratory Tests and Interpretation

➤ Dietary Advice in Diabetes

- Nutritional Requirements for Diabetic Patients
- Meal Planning and Portion Control
- Managing Special Diets (Low-carb, Low-fat, etc.)

➤ Monitoring Diabetes

- Blood Glucose Monitoring Techniques
- HbA1c and its Importance
- Self-Monitoring and Record Keeping

➤ Managing Multiple Risk Factors in Type 2 Diabetes

- Addressing Hypertension, Dyslipidemia, and Obesity
- Lifestyle Modifications and Pharmacological Interventions
- Cardiovascular Risk Reduction Strategies

➤ Oral Hypoglycemics

- Overview of Oral Antidiabetic Medications
- Mechanisms of Action and Side Effects
- Choosing the Right Medication for the Patient

➤ Common Problems Encountered in Insulin Management

- Insulin Regimens and Dosing
- Injection Techniques and Patient Education
- Managing Hypoglycemia and Hyperglycemia

➤ Diabetic Foot

- Risk Factors for Diabetic Foot Complications
- Prevention and Early Detection Strategies
- Treatment of Diabetic Foot Ulcers and Infections

➤ Diabetic Kidney Disease

- Pathophysiology and Risk Factors
- Screening and Diagnosis
- Management and Progression Prevention

➤ Diabetic Emergencies in Primary Care

- Recognizing and Managing Hypoglycemic Episodes
- Diabetic Ketoacidosis (DKA) and Hyperosmolar Hyperglycemic State (HHS)
- Emergency Protocols and Referrals

➤ Diabetes: The Psychosocial Implications

- Understanding the Emotional Impact of Diabetes
- Counseling Techniques and Support Systems
- Addressing Depression and Anxiety in Diabetic Patients

Module 2: Care of People with Metabolic Problems - Endocrine and Metabolic

▶ Endocrine Problems in Primary Care - An Overview

- Common Endocrine Disorders
- Initial Assessment and Referral Criteria
- Integrated Care Pathways

▶ Subclinical Hypothyroidism: Diagnosis and Management

- Identifying Subclinical Hypothyroidism
- Monitoring and Treatment Guidelines
- When to Consider Thyroid Hormone Replacement

▶ Prescribing Thyroxine in Primary Care

- Indications for Thyroxine Therapy
- Dosing and Monitoring
- Managing Side Effects and Drug Interactions

▶ Managing a Patient with Hyperthyroidism in Primary Care

- Diagnostic Workup and Referral Guidelines
- Pharmacological Treatment Options
- Monitoring and Long-Term Follow-up

▶ Assessing a Patient with an Electrolyte Imbalance

- Common Electrolyte Imbalances and Causes
- Diagnostic Approach and Treatment Strategies
- Preventing Recurrence of Imbalances

▶ Calcium and Bone Metabolism Disorders in Primary Care

- Diagnosing Osteoporosis and Other Bone Metabolism Disorders
- Management of Calcium Imbalance
- Preventive Measures and Patient Education

▶ Prescribing Long-Term Steroids

- Indications for Long-Term Steroid Use
- Monitoring for Side Effects and Complications
- Tapering and Withdrawal Strategies

▶ Secondary Endocrine Causes of Hypertension

- Identifying and Diagnosing Secondary Hypertension
- Treatment Options and Referral Guidelines
- Monitoring and Long-Term Management

▶ Pituitary Problems in Primary Care (including Hyperprolactinemia)

- Recognizing Pituitary Disorders in Primary Care
- Initial Workup and Referral Criteria
- Managing Hyperprolactinemia

▶ 1.Diagnosis and Management of Gout

- Understanding the Pathophysiology of Gout
- Acute Management and Long-Term Prevention
- Lifestyle Modifications and Pharmacological Treatments

▶ Testosterone Deficiency and Male Hypogonadism

- Diagnosis and Assessment of Hypogonadism
- Treatment Options for Testosterone Deficiency
- Monitoring and Managing Therapy

Course Duration: One Month (Online)

Course Fee: **Rs. 8,500/-**

Certification: Receive a certificate recognizing your proficiency in Diabetes and Metabolic disorder care.



Lead Trainer:



Dr. G.V. Chanukya

- ▶ Qualifications: MBBS, MD, DM
- ▶ Position: Senior Consultant in Endocrinology & Diabetes, Director of Zen Hospitals, Hyderabad
- ▶ Experience: 21+ years

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