



# Zen Fellowship in Diabetes and Thyroid (ZFDT Program)

Qualification : MBBS



## Course Achievements

- Gain insights into diabetes and thyroid disorders, including diagnosis and management.
- Master effective strategies for handling diabetes, its complications, and related co-morbidities.
- Learn dietary and lifestyle modifications, and strategies for managing obesity.
- Become proficient in diabetes medications, including the latest therapies and insulin management.
- Address unique scenarios like stress, fasting, and insurance issues in diabetes care.
- Enhance your expertise through real-time training with Dr. G.V. Chanukya.

## Unit 1: Introduction to Diabetes

### ➤ Module 1: Introduction and Epidemiology of Diabetes

- Overview of diabetes prevalence globally and in India.
- Risk factors and preventive measures.

### ➤ Module 2: Diagnosis & Classification of Diabetes Mellitus

- Criteria for diagnosing various forms of diabetes (Type 1, Type 2, gestational).
- Pathophysiology and clinical features.

### ➤ Module 3: Pathophysiology of Diabetes

- Mechanisms of insulin resistance and beta-cell dysfunction.
- Genetic and environmental influences.

### ➤ Module 4: Pathogenesis of Acute & Long-Term Complications

- Understanding microvascular and macrovascular complications.
- Preventive strategies.

### ➤ Module 5: Identification of High-Risk Individuals

- Screening protocols.
- Predictive markers and preventive strategies.

### ➤ Module 6: Clinical Approach to a Person with Diabetes

- Comprehensive management strategies.
- Holistic patient care approach.

## Unit 2: Lifestyle Modifications & Obesity Management

### ➤ Module 1: Principles of Diet in Type 1 and Type 2 Diabetes

- Dietary recommendations and macronutrient distribution.
- Impact of diet on glycemic control.

### ➤ Module 2: Dietary and Lifestyle Alterations in Special Situations

- Customizing diets for individuals with special needs, including those observing Ramadan.
- Impact of diet in different ethnic and cultural contexts.

### ➤ Module 3: Ramadan and Diabetes

- Managing diabetes during fasting.
- Safe practices and adjustments in medication.

### ➤ Module 4: Principles of Physical Activity in Diabetes

- Exercise recommendations for diabetic patients.
- Role of physical activity in diabetes prevention and management.

### ➤ **Module 5: Diagnosis, Causes, and Comorbidities Associated with Obesity**

- Interrelationship between obesity and diabetes.
- Diagnostic criteria and impact on diabetes progression.

### ➤ **Module 6: Management of Obesity**

- Pharmacological and non-pharmacological interventions.
- Surgical options and patient education.

### ➤ **Module 7: Non-Conventional Lifestyle & Dietary Interventions**

- Alternative dietary practices and their effects on diabetes and obesity.
- Evidence-based non-conventional interventions.

## **Unit 3: Pharmacological Management of Diabetes**

### ➤ **Module 1: Evolution of Pharmacotherapy of Diabetes**

- Historical development and current trends.
- Advances in pharmacotherapy.

### ➤ **Module 2: Conventional Oral Anti-Diabetic Drugs**

- Mechanisms, uses, and side effects of common oral medications.
- Optimizing treatment regimens.

### ➤ **Module 3: Newer Anti-Hyperglycemic Drugs**

- Introduction to newer drugs and their place in therapy.
- Comparative efficacy and safety profiles.

### ➤ **Module 4: Principles of Insulin Therapy**

- Insulin types, regimens, and patient selection.
- Addressing challenges in insulin therapy.

### ➤ **Module 5: Insulin Delivery Devices**

- Overview of delivery devices (pens, pumps).
- Patient education on proper use.

### ➤ **Module 6: Therapeutic Targets and Algorithms**

- Setting individualized goals.
- Utilizing treatment algorithms for better outcomes.

### ➤ **Module 7: Individualization of Goals and Choices**

- Tailoring therapy based on patient needs.
- Factors influencing treatment decisions.

### ➤ **Module 8: Incretin-Based Therapy**

- Mechanism and role of GLP-1 receptor agonists.
- Clinical benefits and considerations.



## Unit 4: Management of Complications

### ➤ **Module 1: Acute Complications**

- Identification and management of acute complications such as DKA and HHS.
- Emergency management protocols.

### ➤ **Module 2: Nephropathy**

- Pathophysiology, diagnosis, and treatment of diabetic nephropathy.
- Strategies to slow progression.

### ➤ **Module 3: Neuropathy**

- Understanding diabetic neuropathy, its symptoms, and management.
- Pharmacological and non-pharmacological approaches.

### ➤ **Module 4: Retinopathy**

- Screening and management of diabetic retinopathy.
- Importance of early intervention.

### ➤ **Module 5: Cardiovascular Diseases**

- Managing cardiovascular risks in diabetic patients.
- Integration of cardiovascular care into diabetes management.

### ➤ **Module 6: Diabetic Foot**

- Prevention and treatment of diabetic foot complications.
- Multidisciplinary approaches.

### ➤ **Module 7: Sexual Dysfunction and Diabetes**

- Impact of diabetes on sexual health.
- Management options and counseling.

### ➤ **Module 8: Infectious & Skin Diseases**

- Common infections and skin issues in diabetic patients.
- Prevention and treatment strategies.

### ➤ **Module 9: Gestational Diabetes Mellitus**

- Screening, diagnosis, and management during pregnancy.
- Postpartum care and long-term follow-up.

## **Unit 5: Co-Morbidities in Diabetes**

### **➤ Module 1: Hypertension in Diabetes**

- Management of hypertension in diabetic patients.
- Role of lifestyle and pharmacotherapy.

### **➤ Module 2: Dyslipidemia in Diabetes**

- Diagnosis and management of dyslipidemia.
- Impact on cardiovascular outcomes.

### **➤ Module 3: Diabetes in Pregnancy**

- Special considerations in managing pregnant women with diabetes.
- Guidelines and treatment protocols.

### **➤ Module 4: Surgery in Diabetic Patients**

- Perioperative care and management of diabetic patients undergoing surgery.
- Special considerations for surgical outcomes.

### **➤ Module 5: Diabetes in Renal Dysfunction**

- Managing diabetes in patients with chronic kidney disease.
- Dialysis and transplant considerations.

### **➤ Module 6: Diabetes in Hepatic Dysfunction**

- Module 6: Diabetes in Hepatic Dysfunction
- Treatment adjustments.

### **➤ Module 7: Diabetes in Critical Care**

- Glycemic control in critically ill patients.
- Protocols for managing hyperglycemia in ICU settings.

### **➤ Module 8: Diabetes & Bone Health**

- Impact of diabetes on bone health.
- Prevention and management of osteoporosis.

### **➤ Module 9: Diabetes in Children & Adolescents**

- Pediatric considerations in diabetes management.
- Addressing psychosocial issues and family involvement.

### **➤ Module 10: Diabetes in Older Persons**

- Tailoring diabetes care for elderly patients.
- Addressing comorbidities and polypharmacy.

### **➤ Module 11: Diabetes and Thyroid Disorders**

- Interrelationship between diabetes and thyroid diseases.
- Management strategies for co-existing conditions.

### **➤ Module 12: Diabetes and Cancer**

- Exploring the link between diabetes and cancer.
- Implications for management.

## **Unit 6: Diabetes in Special Situations**

### **➤ Module 1: Stress and Diabetes**

- The impact of stress on diabetes control.
- Stress management techniques.

### **➤ Module 2: Sick Days and Travel with Diabetes**

- Guidelines for managing diabetes during illness or travel.
- Adjustments to diet and medication.

### **➤ Module 3: Fasting and Diabetes**

- Safe fasting practices for diabetic patients.
- Medication adjustments during fasting.

### **➤ Module 4: Diabetes and Insurance**

- Navigating insurance issues related to diabetes care.
- Understanding policy coverage and patient rights.

### **➤ Module 5: Diabetes at the Workplace**

- Managing diabetes in a work environment.
- Creating supportive workplace policies.

### **➤ Module 6: Special Considerations in Diabetes & Patient Education**

- Customized patient education programs.
- Empowering patients through knowledge and self-management.

### **➤ Module 7: Use of Social Media in the Management of Diabetes**

- Leveraging social media for patient engagement and education.
- Benefits and risks of social media use.

### **➤ Module 8: Role of Nurses/Diabetic Educators**

- The pivotal role of nurses and educators in diabetes care.
- Strategies for effective patient communication and management.

Course Duration: 6 Months (Offline, Real-Time Training)

Course Fee: **Rs. 60,000/-**

**Certification:** Receive a certificate recognizing your proficiency in diabetes and thyroid management.



**Lead Trainer:**



**Dr. G.V. Chanukya**

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

**Contact: +91 9985551486, 040-46039290**

Email: [zenhospitalhyderabad@gmail.com](mailto:zenhospitalhyderabad@gmail.com) | Website: [www.zenhospitals.in](http://www.zenhospitals.in)