



Reaching Out Dashboard

No of Children 4056

No of HCPs Trained 2464

No of Children Camps 232



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Editorial desk



Dear Colleagues and Friends

At the outset I take this opportunity to laud your special efforts & the continuous care extended to the underprivileged children with type 1 diabetes. It's heartening to note that there are a total of 4056 children under our care across the country. Secondly, with your support, more structured camps for these children are happening at regular intervals across the country. The one area that needs our special focus relates to data update and understanding of actual progress of health among the participating children. In this regard I would like to request that all of us send the needed information to the central agency for tabulation, analysis & sharing of the learnings. With the large pool of our disposal we should now be able to get some insights that can help us create and share useful information on managing type 1 diabetes

Thank you once again for all your special care for these children with type 1 diabetes.

Best Regards

Dr KM Prasanna Kumar



Dear Colleagues

With the program entering the last year of the first phase, it's really a yeoman service that each one of you is rendering to these economically underprivileged children with type 1 diabetes. It's no mean task to offer best of care for the over 4000 children with type 1 diabetes. In my long experience, I would say this is probably the most professionally managed social responsibility program, with coverage of pan India, having large number of patients and spanning for > 3 years. Special congratulations to all of you and Novo Nordisk Education Foundation.

In the last few months, CDiC T1 DM - HCP workshops, accredited by medical councils have been conducted in Karnataka, Tamil Nadu and Maharashtra, this is yet another welcome quality activity in raising the awareness and management of type 1 DM among the medical fraternity.

I am sure more such workshops will be held in the coming months covering other parts of the country.

All the best & Best Regards

Prof. Ashok Kumar Das



Dear Friends

Thank you very much for all your commitment & support to CDiC - The largest initiative on type1 diabetes in the world.

It is indeed my pleasure to inform you that in line with our vision of patient centricity and based on the good implementation & care offered to the children in our program, NNAS has extended the benefits of the program up to 2017.

We look forward to your continued support & guidance to changing diabetes in children.

Melvin D'souza,

Managing Trustee NNEF &

Managing Director Novo Nordisk India Pvt Ltd



Changing Diabetes® in Children (CDiC)

Journey till now

India has a big burden of type 2 diabetes, due to which the needs of the relatively small percentage of children with type 1 diabetes was overlooked with huge consequences to their care. CDiC is a unique programme addressing the need for proper treatment and good care for children with type 1 diabetes from poor socio economic families. We have set up 21 CDiC centres operating across the country and 4056 children with type 1 diabetes from poor families getting good diabetes care through them. The last 30 months have been rewarding in many ways despite all the challenges.

Apart from the care offered to the children, the program is trying to get the much needed focus & attention on management of children with type 1 diabetes from the Drs, policy makers, general public & others involved through awareness drives, media campaigns and type 1 DM medical updates. The activities undertaken, materials developed, people reached out, etc, over the last 30 months are briefly discussed below.

Infrastructure

- 21 Centres and 27 satellite centres across India with leading doctors taking care of 4,056 children with type 1 diabetes from poor families

Training & education

- 1,757 doctors and 707 Paramedical staff trained through type 1 diabetes workshops
- 5 HCP workshops accredited by State Medical Councils, conducted at Mumbai, Vellore, Belgaum, Bangalore & Nanded
- More than 2,000 books and 2000 CD's of ISPAD book on type 1 management distributed to the participants in HCP programs and conferences
- Diabetes education curriculum for children designed and implementing
- Diabetes educators workshop curriculum prepared and implemented in four workshops

Free Insulin & supplies

- 3,00,000 vials costing Rs. 4.2 crores & 12,50,000 syringes worth Rs. 50 lakhs distributed
- 4,000 Glucometers and 21,00,000 glucose strips for monitoring costing Rs.4.2 crores given

- Diagnostic tests namely HbA1cs, CBCs, Microalbumin, Fundus and TSH > 55,000 tests done at a cost of Rs. 90 lakhs
- More than 19,000 doctor consultations costing Rs. 39 lakhs

Patient education

- More than 225 children camps conducted, reaching out >8000 children
- In these camps it is mandatory that the parents and siblings are accompanying the children
- Innovative patient education material like NOTTI doll, Mishti books & video, Snakes & ladders, Make a healthy change, Make your own plate, HbA1c calculator, Hypo Kit are made and distributed to all the participating children during these camps
- Diabetes education materials for children camps are designed centrally and utilized in coordination with the center staff & support from local field force

Diabetes registry & equipment

- All demographic and patient related data are stored in CRFs and are in the safe custody of the centres
- Scientific committee is working on collating the tangible benefits observed among the participating children and sharing the learning
- Collaboration to sync with the Governmental database is being pursued

Learning & outcome

- First consensus meet on diabetes in children conducted in Jan 2013, the second one is planned in Q3 of 2014.
- Booklet on diabetes in children was released by Michael Hurst, President IDF at Diabetes India Program
- Write-up on Play Therapy published in JOSH Journal
- Week and Smart life advertorials series initiated with each centre directors contribution for improving awareness & knowledge on type 1 diabetes among the general public





Changing Diabetes® in Children (CDiC)

in the last few months (Update – Jan 2014- March 2014)

CDiC is the world's largest initiative undertaken to address the need for proper treatment and good care for children with type 1 diabetes. Over the last 30 months the program has worked in putting the infrastructure in place with the wholehearted support of the participating Doctors, identifying the children needing care, setting up the distribution channels & network for proper reach of the program materials, liaising with the other partners like ISPAD & Roche, creating patient education material for improving the understanding and self-monitoring among the children, coordinating and conducting healthcare professional workshops & auditing the activities for reporting to headquarters.

All this even though challenging has been very satisfying seeing the enthusiasm of all the participating center personnel and the smile with new found hope among these children. This year the main focus of the program is to increase communication on awareness and understanding on management of type 1 diabetes. Secondly, ensuring proper follow-up & reach of program benefits to maximize the good outcomes among the registered children in the program and the overall type 1 care. In this direction, the following activities have so far been undertaken in the current year;

Activities- Jan - Mar 2014

Improving diagnosis & management of type 1 diabetes among the medical fraternity

- Four "CDiC Type 1 DM updates" for Doctors, were conducted during the last 3 months
 - 12th Jan at Bagalkot , 23rd Feb at Belgaum, 23rd March at Bangalore and 30th March at Nanded.
 - 317 doctors attended these workshops
- Three out of the above four HCP programs conducted viz., at Belgaum, Bangalore and Nanded were accredited by

the Karnataka Medical Council and Maharashtra Medical council respectively & awarded credit hours for the participants and faculty.

- The programs were facilitated by our Center & Satellite Center Directors viz., Dr KM Prasannakumar, Dr Neeta Deshpande, Dr P Raghupathy & Dr Santhosh Malpani.

Improving type 1 care among the other key diabetes care professionals

- Two Diabetes educator workshops reaching out to 275 participants, were conducted in Samatvum , Bangalore and KLE hospital Belgaum on 12th Jan & 22nd Feb respectively. These programs covered basic pathophysiology, diagnosis, classification , types of diabetes, primary prevention and management in both acute and chronic complications. Special emphasis was given on Psychosocial aspects of living with type 1 diabetes in these workshops.

Improving self-care and confidence

- Initiated and implemented a set of new curriculum with pledge for children diabetes education camps. Topics covered in the camps are, site & time of taking insulin, monitoring blood glucose levels and use/misuse of alternative medicine with type 1 diabetes. 21 camps have been conducted this year reaching to > 900 children.
- A special Mishti video was released. This nine minute video depicts the journey of a type 1 child and the emotions of her parents on being diagnosed with diabetes. It also gives a brief explanation about diabetes, insulin, taking insulin, diet, exercise, monitoring and myths about type 1 diabetes.

Improving general public awareness and understanding on type 1 diabetes

- Advertorials-Five advertorials were released, through the advertorial campaign initiated in the Week and Smart life. These advertorials are meant to sensitize people about type 1 diabetes and create a strong aware society
- Two camps were also conducted for general public – One at Sanjay Nagar – PHC and another at Sacred heart school to create awareness about type 1 diabetes





HCP training

Training of healthcare professionals which includes both Doctors and Diabetes Educators is an integral part of the CDiC program. These trainings are conducted to enhance capabilities of HCPs in diagnosis and treatment of children with type 1 diabetes. In 2013 we had conducted 13 such trainings. 2 of the HCP workshops conducted at Mumbai and Vellore were accredited by Maharashtra and Tamil Nadu medical councils respectively.



“CDiC Type 1 DM updates” for Doctors

Four “CDiC Type 1 DM updates” for Doctors, were conducted on 12th Jan at Bagalkot , 23rd Feb at Belgaum, 23rd March at Bangalore and 30th March at Nanded. 317 doctors attended these workshops .

- Bagalkot HCP Training Workshop- The workshop was conducted in Jymkhana Club Bagalkot . 25 doctors attended this work. Dr Babu Rajendra Naik helped in organizing this workshop. Dr.Prasanna Kumar, Dr.Krishna Seshadri and Dr.Sanjay Reddy were eminent speakers in this workshop.
- Belgaum HCP Training Workshop- This workshop was conducted in KLS I.M.E.R hall. This one day workshop was organized by Dr Neeta Deshpande. Eminent doctors which include Dr K M Prasanna Kumar, Dr S R Aravind, Dr Sanjay Reddy and Ms Deepa were among the key speakers. 115 doctors attended this workshop. The workshop was accredited by the Karnataka Medical council.
- Bangalore HCP training Workshop- This Karnataka Medical Council, accredited workshop at IGICH auditorium was attended by 51 Doctors which included Paediatricians, Physicians and General Practitioners. Prof. P Raghupathy was instrumental in coordinating this workshop. Dr SS Srikanta, Dr SR Aravind, Dr Anjana Hulse, Dr Nijaguna & Dr Swarupa enlightened audience on various medical topics related to type 1 diabetes.
- Nanded HCP training Workshop- This workshop was organised by Dr Santosh Malpani in association with API, IAP & IMA Nanded. 154 delegates attended the Program. Dr. Rajesh Joshi, Dr. Chandrashekhar Ashtekar and Dr. Ruchi Mehta were among the eminent speakers. Maharashtra Medical council awarded credit hours for the participants.

Main topics covered during these workshops are ;

- Diabetes in Children-Global and Indian scenario
- Aetiology & Auto-immunity in Type 1 Diabetes-
- Insulin regimens in Type 1 diabetes
- Monitoring Diabetes in Children
- Diet, Exercise and sick day management in type 1 diabetes.
- Acute complications in Type 1 Diabetes- Hypoglycaemia and DKA
- Prevention of Micro- macro vascular complications in Diabetic child

Along with medical knowledge and subject, how to provide social and emotion support to children with type 1 diabetes were also taught during these workshops.



Sl.No	Date	Place	Topic	No of HCPs attended
1	12 th Jan	Bangalore	Diabetes educators Workshop	120
2	12 th Jan	Bagalkot	Diabetes in children- HCP workshkop	25
3	22 nd Feb	Belguam	Diabetes educators Workshop	155
4	23 rd Feb	Belguam	Diabetes in children - HCP workshop	115
5	23 rd March	Bangalore	Diabetes in children - HCP workshop	51
6	30 th March	Nanded	Diabetes in children - HCP workshop	154

Diabetes Educator Workshops

Two Diabetes educator workshops reaching out to 275 participants, were conducted in Bangalore and Belgaum on 12th Jan & 22nd Feb respectively. These programs covered basic pathophysiology, diagnosis, classification, types of diabetes, primary prevention and management in both acute and chronic complications. Along with physical aspects of managing type 1 diabetes, special care has been taken for handling psychosocial issues while dealing with children with type 1 diabetes and their parents.

- The 12th Jan program was conducted at Samatvum, CDiC centre in Bangalore with Dr S S Srikanta. The whole day workshop was attended by 120 participants. Ms.Riva Greenberg was one of the speakers and she enriched audience with her experience of living with diabetes. Riva is the author of two diabetes books, "50 Diabetes Myths That Can Ruin Your Life and the 50 Diabetes Truths That Can Save It" and "The ABC's Of Loving Yourself With Diabetes,"
- 22nd Feb, program was conducted at KLE hospital, Belgaum with Dr M V Jali and Dr S S Srikanta. This program was focused on central role of diabetes educators and health coaches in management of diabetes especially type 1 diabetes. This workshop was attended by 155 participant





Children Camp

In 2013, we had worked along with centre directors on making the learning process more effective in the children camps by making it systemic and powerful by deciding the topics, sending content for discussion to educators and taking attendance. In the current year, with consent of all centre directors, we have initiated the implementation of a set of themes for every quarter for children diabetes education camps, which have a separate topic & pledge for each month (Refer to Issue:05 Jan 2014). These topics make these camps more focused from a child's point of view and thus ensuring continuous follow-up with these children to help improve their quality of life and also avoid drop outs from the program. These topics cover each of the must know topic for a child with type 1 diabetes for self-management. Each camp involves discussion on various scenarios based on day to day life revolving around the individual topic. Since family support plays a vital role in diabetes management we encourage the participation of family members, viz., parents and or sibling during these camps. During the first 3 months we have successfully discussed the following topics;

Topics covered in the children diabetes camps are,

- Site & time of taking insulin – This topic as name suggests explains in detail about technique of taking insulin along with topics like when to take insulin, how to mix insulin and storage of insulin.
- Monitoring blood glucose levels – This topic gives information about importance of monitoring, relationship between insulin and glucose monitoring, need of proper recording, understanding results in relation to goals and take required action.
- Alternative medications and type 1 diabetes- This topic discusses in a child friendly manner, how insulin along with regular monitoring, balanced diet, exercise is the only way to keep blood glucose levels near normal in a child with type1 diabetes.

Along with the above, few other topics like diet, fruit exchange, exams and diabetes & managing diabetes during holidays were discussed.





Children Camp

20 camps have been conducted in first quarter reaching to more than 900 children. All these camps have been possible because of constant efforts of our centre directors, diabetes educators and few of our colleagues who have gone beyond their duty to help these children.

It was a great moment on 6th March 2014, when Corporate Finance Management Team from Denmark made a visit to BDH – CDiC Centre during a children diabetes education camp. The team was taken around the center by Dr KM Prasanna Kumar-Centre Director, who also shared a glimpse of what is going in the program at the center. They also had peek at the children camp where, the Mishti Video on type 1 diabetes was launched. Then they interacted with more than 50 children who had gathered for the camp. The CDiC Children gave a thank you card to Lars Green- Senior Vice President, who has assured the children to keep the card in his office to stay as a continuous reminder of this wonderful visit meeting up with all these children. In fact he said, " We are very happy to see this, since it gives meaning to all our work".





Patient Education Material

Mishti Video

This video is a story of Mishti- a little girl with type 1 diabetes. This video show cases the journey of Mishti and her parents after being diagnosed with type 1 diabetes. The little girl explains in simple and plain words her understanding of diabetes and its management. This video is useful for all people with diabetes but especially for children with type 1 diabetes.

While watching this animated video children with type 1 diabetes will not only find a friend with diabetes but also will learn few useful tips on how to manage their diabetes well.

Contents :

- Basics of type 1 diabetes, insulin and blood glucose
- Four pillars of diabetes Management- Diet, Exercise, Insulin and Monitoring
- How to take insulin from vial or from a pen
- Hypoglycaemia and its management
- Myths and misconceptions about type 1 diabetes

We hope that children will love watching this video and will learn from it. It would be great if the video can be played in the children education session at the centre.

Diabetes Foot Door Knob Hanger

Foot Door Knob hangers can be used on doors of Doctors and diabetes educators cabin. This will emphasize children to take care of their feet and get regular check-up. It will remind patients to remove footwear so that doctor can examine feet. It also gives easy tips to take care of feet. Foot examination is very important as most of foot complications occurring in people with diabetes can be prevented by timely examination and preventive care.





Media Coverage

Since type 2 diabetes, constitutes more than 95% of the people with diabetes in India, the problems faced by children with type 1 diabetes (less than 5%) are often over looked. Support is needed not just from health care professionals and family but also from society too. Global awareness and support are essential in ensuring optimal care and improved quality of life for children and young people with diabetes. To increase awareness and communication 5 more advertorials were released between January and March, through the advertorial campaign initiated in the Week and Smartlife. The topics covered were; Type 1 Diabetes – A long affair to manage by Dr. A K Das, Various Insulin Regimens in type 1 diabetes by Dr Sanjay Kalra, BMI & type 1 diabetes by Dr Shubhankar Chowdhury, Blood sugar management in type 1 diabetes by Dr Bipin Sethi and Managing high and low blood glucose levels in children with type 1 diabetes by Dr Vijay Viswanathan. Apart from that we got coverage for diabetes education training and children camp at KLE Hospital Belgaum in regional and national daily newspapers. This is an ideal medium to communicate and create awareness about difficulties, psychosocial issues and at times discrimination faced by this children.





Communicating Diabetes

In this page, we wish to discuss some of the psychological, emotional and social challenges which parents may encounter in raising their child or teenager with type 1 diabetes and how to deal with them appropriately.

Parents are the main care givers for every child, type 1 diabetes changes life for the child and the whole family. As a parent, the diagnosis of type 1 diabetes in child comes as a very big shock. Parents have to learn to get over this shock and need to learn many new things about type 1 diabetes and its management. Parents need to give insulin, provide appropriate nutrition, monitor blood glucose levels and also take care of these children on a daily basis. While this will be challenging, understanding and living with type 1 diabetes is a much bigger challenge for these children. We should not forget that children cannot fully understand the scope of the condition. While caring for children, sometimes caring turns into nagging and showing concern may become getting into the child's space.

Your care tips for the child with type 1 diabetes

- Be patient with the child and with yourself
- Be patient with them as they try to understand the changes they are going through instead of being judgemental.
- Involve your child, their siblings and other family members in the diabetes management process to help them understand.
- Explain to them in simple words what diabetes is, what causes it, and why it's important to make life style changes.
- Do not use scary terms or negative expressions as even very small children can sense discomfort and fear in you.
- Strong, cheerful and responsible parents results in strong, cheerful and responsible children.

Parents are always under stress of issues of high and low sugars. Do not comment on blood glucose levels immediately as bad or wrong. This adds to the anger, frustration and disappointment of the child and gives the sense of failure. Keeping a neutral expression or giving a neutral reaction can help you and your child focus on solutions, not blame. It is very essential that no comment is made at that moment on what the child has eaten or the child has not exercised.

Take care not to blame or nag your child as you help him manage their diabetes. Making comments like we are doing so much for the child and child is not listening or child is always complaining never helps. It is a fact that a child whether having diabetes or not will behave like a child and it is responsibility of parents to take care of child.

To be continued in next issues





Diabetes Educator Column

Tips for enjoyable summer holidays

Summer vacations are most enjoyable part of life of any child. No school, no studies, lot of games, visit to grandparents, new places, waking up late in morning and endless excitement.

Unfortunately, these holidays are from school... and a child with type 1 diabetes cannot take holiday from diabetes management. Change in routine, although enjoyable can make diabetes more difficult to manage. Whilst life is more demanding when you have a child with type 1 diabetes. In many ways life becomes a little easier as diabetes requires planning and discipline and both these skills are essential in every aspect of life.

Let's understand how summer holidays affect a child's life and how diabetes can be managed

1. Situation : Change in Routine

With no schools, children tend to get up late, play more and have food at different times. Diabetes does not mean that child should have same routine as that of school days. It means child can have a different routine, only this routine needs to be followed throughout the holidays.

Action Needed

- It is better that child makes their routine in the first 2-3 days
- Checks blood glucose levels according to 7 point profile.
- Discuss the changes and results with the doctor and diabetes educator, act and enjoy accordingly.

2. Situation : Exercise while holidays

Exercise routine can be disturbed, because of traveling, sleeping, being with friends, going to visit relatives. Also playing, roaming, shopping sightseeing and other physical activity may lower glucose levels.

Action Needed

- Try to follow your exercise schedule even during your holidays
- Take overall activities into consideration when deciding diet and insulin dose.
- Always be ready to treat hypoglycaemia - **carry some form of sugar (hard candy or glucose tablets) always with you** to treat low blood glucose.

3. Situation : Diet while holidays

Summer is the season of mangoes, melons and icecream. Visit to grandparents or relatives place can also disturb diet.

Action Needed

- Learn about food exchange and you can have one slice of mango or 1 cup melon cubes in exchange of your other fruits
- Inform in advance about your diet requirements to your relatives. Take your insulin shot only once you see the prepared food. Otherwise, a delay in the meal could lead to low blood glucose.
- Remember, nothing is prohibited, but moderation and monitoring are the keys to indulge, enjoy and yet have good blood glucose control.

4. Situation : Traveling to new places

Whether it is a long trip or a short one, diabetes and its management needs to travel along with you as traveling can affect blood glucose levels in many ways.

Action Needed

- Always carry your diabetes prescription and supplies with you. Carry your insulin, glucometer, strips, syringes and hypo treatment in your handbag or in a place easily accessible whether you're traveling by plane, train or automobile.
- It is better to carry almost double the amount of medication you need, so that it helps in case of extra stay or emergency.
- Insulin does not need to be refrigerated, but insulin stored in very hot or very cold temperatures may lose strength. Insulin should always be kept away from sunlight (away from window seat in bus /rail) in cool dry place (not in glove compartment of car or in parked car). It is better to keep insulin in cool pouch to maintain temperature.

Summer vacations are most enjoyable part of children's life. With a little advance planning, they are going to be a happy and memorable experience for children with diabetes.

" We thank everyone for their kind efforts in implementation of the changing diabetes in children program. Please write to us about your views, stories and ideas which can add value to this program and to the newsletter at CDICINDIA@novonordisk.com."