

Editorial committee-

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Reaching out Dashboard

No. of children (YTD)	-	3900
No. of HCPs trained (YTD)	-	900
No. of children camps (YTD)	-	100

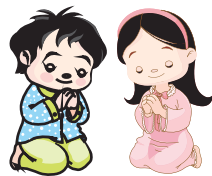
Contents

- CDiC – Moving ahead
- Editorial
- Key achievements and challenges
- Empowering children and families-
New inputs/ Diabetes education
camps curriculum
- Reaching out to HCPs
- Inspirational stories

CDiC - Redefining Support

In last 17 months, post successful launch, the Changing Diabetes in Children (CDiC) program has progressed well in achieving its set objectives.

- More than 3900 children have been recruited till now from 20 centres across India and we will be reaching 4000 children soon.
- In line with our vision to bring global best practices in Diabetes management to every practising doctor in India and more so for children with diabetes, first of its kind CDiC International Consensus meet on Childhood Diabetes was organized on the 12th & 13th January at Bangalore.
- More than 345 Endocrinologists, Diabetologists, Paediatric Endocrinologists and Physicians from across India & neighbouring countries like, Bangladesh, Sri Lanka, Cameroon, Ethiopia, Burma & Vietnam attended the program.
- Dr N Prabhu Dev, Chairman, Karnataka Health Commission, Govt. of Karnataka was the Chief Guest for the inaugural function, which was attended by several dignitaries from the healthcare fraternity, academicians, government, policy makers and the CDiC centre directors, who are the key drivers passionately supporting this program.
- In the current year the major focus will be on follow-up with the registered children and improving awareness among HCPs.
- House surgeon programs have been initiated in medical colleges to reach out to young Doctors on management of children with type 1 diabetes.



MY DAILY PRAYER

(Daily prayer of a child with Type1 Diabetes)

We pray in the name of our Almighty God.

Thank you, God, for the treatment given to us, which is freely available and easily accessible.

Thank you for the team of doctors, nurses, educators and all the support staff for making our life comfortable. We are thankful to you for providing us with the knowledge to handle diabetes.

We are grateful to you for being able to have daily treatment from home, which allows us the freedom to be with our family, attend school and be normal like other children.

We are grateful to our parents for their kindness and support.





We are very grateful to you for the discovery of insulin without which we shall lose our lives. We are happy & thankful that insulin is available.

We praise you for your kindness in providing us with a wide variety of foods which we can choose and eat. Avoiding sweets is only a small price that we pay for keeping good health.

Help us to be able to take insulin regularly, eat wisely, exercise daily, attend checkups periodically and on the whole overcome diabetes bravely.

Help us to count our blessings. You are the Almighty. You love us a lot. Give us the courage to keep our diabetes under good control. Shower your mercy kindly on us your children & on our parents & the whole diabetes team.

Amen.

- Moving ahead we will focus on overcoming various resource barriers and creating a sustainable long term solution for children with type 1 diabetes .

Editorial Desk



Dear Colleagues and Friends,

We all are aware that type 1 diabetes is a serious disease that requires daily monitoring and proper care. CDiC is a first of its kind programmes addressing this need for proper treatment that involves all stakeholders for a comprehensive and sustained result. We all need to make best use of this opportunity to ensure set standards and quality care for our children with type 1 diabetes, so that they grow into productive adults.

As recruitment of children is almost over, we will prioritize strengthening diabetes education, overcoming psychosocial barriers and thus create a right environment focussed on overall development of a child with type 1 diabetes.

I once again thank you for your passion and commitment.

With Regards,

Dr KM Prasanna Kumar

Chairperson CDiC



Dear Colleagues.

Living with Diabetes is a challenge, no matter what the child's age is. But young kids and teens often have special issues to deal with. Young kids may not understand why blood samples and insulin injections are necessary. They may be scared and uncooperative. It is hence important that proper awareness and training is imparted to family members or parents to ensure a healthy lifestyle of their kids. Initiatives such as the CDiC programme are excellent steps in this direction.

With Best Wishes

Prof. Ashok Kumar Das



Dear Friends,

The smiles on the faces of the little ones afflicted by diabetes makes our efforts worthwhile. While we are currently in the mid-phase of the program which we are committed to support up to Dec 2014, we are working towards innovative ways to scale up and to make it sustainable for a much longer time frame. There is a dire need today to raise awareness about this challenge not only among the medical fraternity but also among policy makers and other government bodies. This forum in addition to raising awareness will aim at identifying trend oriented sustainable solutions for Diabetes management.

With Best Wishes

Melvin D'souza,

Managing Trustee NNEF &

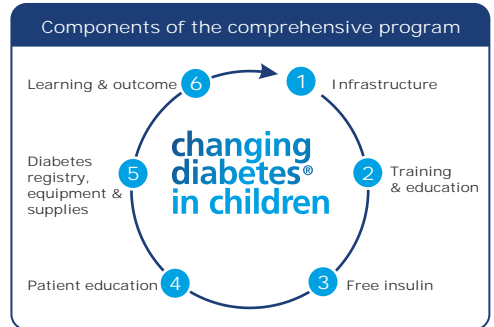
Managing Director Novo Nordisk India Pvt Ltd

How we intend to change diabetes in children

- More than 251068 human insulin vials have been distributed
- 400000 syringes 31G BD have been given to make injecting insulin comfortable
- Around 4000 glucometers and 735000 strips have been provided to ensure proper monitoring of children
- More than 36000 tests which include HbA_{1c}s, TSH, CBC, Microalbuminuria & Fundus are done
- 20 main centres and 16 satellite centres are operational which are taking care of all essential needs of medical treatment of these children
- More than 900 doctors have been trained to diagnose and treat children with type 1 diabetes.
- Around 350 leading Endocrinologists, Diabetologists, Physicians & Policy makers from

different geographies attended first CDiC International Consensus meet on Childhood Diabetes

- More than 100 children camps to educate the participating children to manage their diabetes better have been conducted
- Several innovative child friendly patient education tools have been created to help them understand how to self-manage their diabetes, which includes Mishti story book: 3 issues have been released so far, NOTTI Toy: (Novo Nordisk Teaches to Take Insulin) is a soft toy which demonstrates insulin sites selection & rotation of the area, Snake and Ladder Game, Make a healthy change folder, Hypo kit and HbA_{1c} calculator.)



How will children with type 1 diabetes benefit

The program aims to improve access to diabetes care and improve outcomes for children with type 1 diabetes. Every child participating in this program gets,

- Free insulin & syringes
- Free glucose meter and strips
- Free essential laboratory tests and fundus examination
- Diabetes education and counselling
- Psychosocial support

CDiC in the Media

1. Eenadu Report - , "Fragrance of Humanity"

Novo Nordisk has come up with an humanitarian program for the children with diabetes. This program is run by the Novo Nordisk Education Foundation and through this a just born child with 470 sugar is getting the benefits. Dr PV Rao is personally taking care of this child. So far through this program NNEF has registered 420 children and this will go on up to end of 2014.

2. Dinamalar paper giving information about type 1 diabetes program and creating awareness about type 1 diabetes. We supported this program with diabetes education materials like Snake and ladder and Make a healthy change folder.



1st International Consensus meet on Childhood Diabetes was held on 12th and 13th January 2013.

- More than 345 Doctors attended meeting from across India
- These doctors included our eminent centre directors, Top KOLs, Endocrinologists, Diabetologists, Paediatric Endocrinologists and Physicians from across the country.
- Doctors from Bangladesh, Sri Lanka, Cameroon, Ethiopia, Burma & Vietnam also attended the program

Very good feedback was received on the program by attending doctors.

The consensus meet aimed at:

- Reviewing & understanding the current burden of type 1 diabetes in India & other CDiC countries
- Sensitising the health authorities & governments about this alarmingly growing problem
- Increasing government & other NGOs focus & participation to support children with type 1 diabetes from the poor socio economic strata
- Arriving at a consensus statement to improve the awareness, diagnosis, management & access to needed medication for children with type 1 diabetes in India.

Proceedings of the program with the consensus statement on managing children with diabetes will be released shortly in the form of a booklet.



Reaching out to HCP's for early diagnosis and better management of type 1 diabetes.

2 HCP training programs were conducted at Pune and Bhubaneswar reached out to 85 Doctors. Along with our learned centre directors, the workshop was conducted by eminent doctors – Dr Stephen Grene and Dr Alexander Grene.



Having Type 1 Diabetes

To some extent, we might understand that living with type 1 diabetes is difficult and sometime times life threatening also. Although not documented completely, please find some of the facts about a child living with type 1 diabetes in India.

- A child with type 1 diabetes while taking insulin shots and checking blood sugar levels pricks themselves on an average 5-7 times a day and sometimes even more.
- Child with type 1 diabetes have episodes of low blood sugar levels (Hypoglycaemia)
 - The average individual with type 1 diabetes experiences about two episodes of symptomatic hypoglycaemia per week, a figure that has not changed substantially in the last 20 years.¹
 - A child or a person with diabetes can experience an episode of hypoglycaemia at any time or place which includes while walking, at school, in the classroom, while playing, during sleep, at own home or at relatives place.
 - Most episodes of hypoglycaemia are mild. Although most children can self-manage these episodes (except very small children) such episodes require understanding from parents, sibling, teachers and friends.
 - Some of the episodes are moderate and a person requires assistance to take care of themselves. Few episodes are severe which leads to loss of consciousness (coma), convulsions and marked confusion.
 - Along with this episode of hypoglycaemia creates a negative mood-state characterized by reduced energy and increased tension.²
- Child with type 1 diabetes have episodes of high blood sugar levels (Hyperglycaemia)
 - In spite of taking all precautions, a person with diabetes experience some episodes of high blood sugar levels.
 - Apart from long term complications, DKA and poor growth, hyperglycaemia can effect a child in many ways.
 - This child is more prone to acute illness, feels dull and exhausted, may be unreasonable, aggressive and experience lack of concentration during episodes of high blood sugar.

Despite facing all this in a single day, these children with type 1 diabetes smile and serve as an inspiration by facing the challenges of living with diabetes with courage and perseverance.

1.Frier BM. The incidence and impact of hypoglycemia in type 1 and type 2 diabetes. International Diabetes Monitor 2009;21: 210–218

2.McCrimmon RJ, Frier BM, Deary IJ. Appraisal of mood and personality during hypoglycaemia in human subjects. Physiol Behav 1999;67:27–33
CrossRefMedline

Our eminent centre directors participating in various CDiC activities



Empowering children and families through Diabetes education camps and various education tools

Innovative child friendly patient education tools have been created. These include a series of story books featuring a character who is a child with type 1 diabetes called Mishti, NOTTI which a soft toy to help children learn about insulin injection sites, a board game 'snake and ladder' to foster better understanding of diabetes. All these materials have been made in 8 Indian languages.

- Mishti - 3 : Mishti goes on a field trip. The story this time revolves around mishti and her going to school trip. These includes

instructions for the child with diabetes while travelling.

- Hypokit : Diabetes does not take vacation. It comes along with you whether you go to shopping or school or friend's place. Hypo kit which includes a tiffin box and a water bottle is small initiative to help child with type 1 diabetes prevent hypoglycaemia.
- HbA_{1c} Calculator : This calculator helps child and their parents convert HbA_{1c} readings in to average blood glucose.
- Visual Aid is designed for educators to make children and their parents understand about type 1 diabetes.



Diabetes Educators Column

Diabetes Educators Column- This column is dedicated to diabetes educators, nurse educators, dieticians, social workers and parents who are involved in diabetes care in more than one way. We hope you will like this column and help us making it better by your rich experience.

Surviving Sickness

Anyone can fall sick. An infection or illness can lead to high blood sugar levels for children with diabetes and appearance of ketones even when the child is eating less. It can also lead to hypoglycaemia or low blood sugar levels also. All these changes mean that diabetes is more difficult to control when one is sick. These changes in blood sugar levels if detected early and managed properly along with acute illness can prevent acute complications and hospitalization.

Seven Tips for surviving sickness – Children with type 1 diabetes.

1. Check sugars more often, every 3- 4 hours (and more frequently if glucose level fluctuates) and test your urine for ketones 1-2 times per day.
2. Never Stop Your Diabetes Treatment or omit doses of insulin. Illness causes a greater than normal demand for insulin due to the release of stress hormones and thus one ought to maintain his/her (their) insulin regimen, or even increase the dose of fast acting insulin.

3. Whenever you visit any doctor, you must tell them about your diabetes. Recent record of blood sugar levels, medicines, temperature and weight helps the doctor to give appropriate advice.
4. Over the counter cold and flu medicines often contain added sugar, so they must be avoided.
5. It is essential to drink plenty of fluids if blood sugars are too high to prevent dehydration.
6. Even if you do not feel like eating, eating little at frequent intervals is essential to prevent hypoglycaemia (low blood sugars). Small, frequent meals may be easier for you to tolerate during an illness and help you to recover fast.
7. Rest and stay warm. Do not exercise vigorously when you are ill as it can lead to diabetic ketoacidosis in people with type 1 diabetes.

Rush to nearest hospital, if the child is having

- Repeated vomiting
- Increasing levels of ketones or laboured breathing
- Continued high blood glucose level despite extra insulin
- Continued Blood Glucose levels less than 70 mg/dL
- The underlying condition is unclear
- Severe or unusual abdominal pain
- The child with diabetes is confused or his/her general well-being is affected.

Your Space - Inspirational Stories
(Creating awareness resulting in new life for a child)

Karthik[#] - who enrolled at Bangalore diabetes hospital was given a new life due to the CDiC program. During the month of December, on a routine visit, Dr. Vimala Puranik along with 2 other volunteers visited the government primary school, Attiguppe. They came across a boy aged 12, who was diagnosed with type 1 diabetes during screening. The Family did not have enough money for even basic medication as father worked as a construction worker and mother as a maid.

His parents could not afford medical treatment in the long run and requested CDiC for help. She told that from last 15 days they could not give him insulin and due to which the sugar level had gone as high as 393 mg/dL on fasting. Dr Jayalakshmi, who worked for the school, had

heard about the CDiC program and its center at the Bangalore diabetes hospital and referred Karthik for treatment. After the preliminary investigations, he was registered in the CDiC program and given all the essentials, viz., insulin, syringes, glucometer, sugar testing strips, glucose diary and a kit to carry all these together.

As a follow up, when the doctors and volunteers again met this boy in school after a few months, they found a very different boy He is very smart and has already learnt to inject insulin. He said, "With proper insulin, healthy life style and conscious food habits a person can have longer life span".

(Speech straight from a child's heart given in front of more than 200 people)

Sakib[#] – child enrolled at M V Diabetes Center. "I got Diabetes, 3 years back. I was too small to know

then and understand what actually diabetes is? My Mother was shocked and did not believe it initially. She and I both used to cry when I had to take insulin." I am thankful to Dr Barman and Dr Rayan for taking care of me and supporting me day and night. I am really thankful to the entire staff of MV Diabetes Hospital in helping me in every way to cope with diabetes.

I have learned that diabetes can be controlled by taking our dose of insulin at proper time. We need to exercise at least half an hour every day and also maintain a balanced diet. This will help us in fighting diabetes. We also need to check our sugar levels and ensure that we maintain our sugar levels in healthy range. Doing this will help us in a long way in controlling diabetes as diabetes is not a diseases but a gift of god to the sweetest people on earth.

Please find some of the unasked question from these children. Please share your answers with us, so that we can share some of the answers as best practises for counselling children with diabetes.

- Why me?
- When will all this get over?
- This is a 24/7/365 job. You cannot forget about food, exercise, too much or too little, insulin injections and blood-sugar testing. Can there be some vacation?
- Will I be able to have a normal life like my friends?

We thank everyone for their kind efforts for implementation of Changing Diabetes in Children program. Please write to us about your views, stories and ideas which can add value in this program and newsletter at CDI C I N D I A@novonordisk.com.

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