

Editorial committee-

Dr K.M. Prasanna Kumar, P Dinakaran, Dr Shuchy Chugh, Dr Neera Gupta & Anupama Rau Attawar

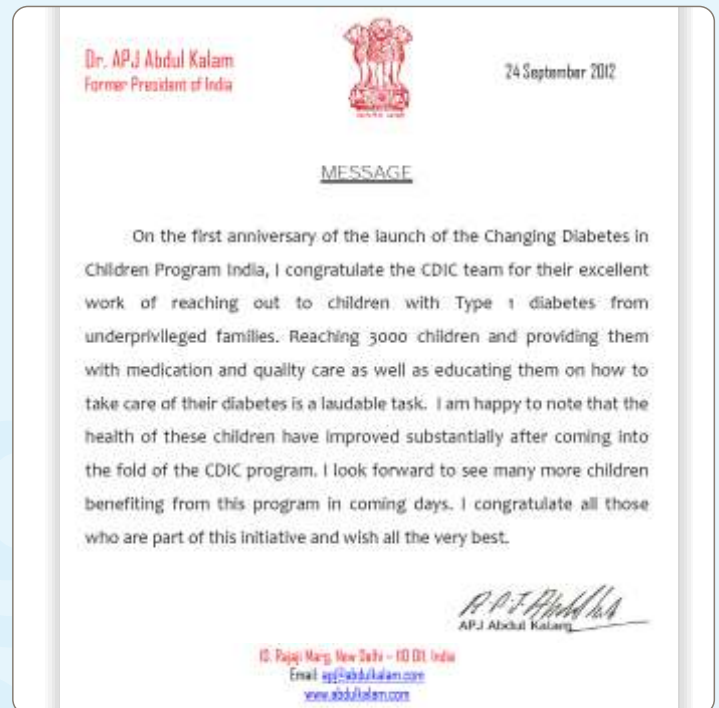
Reaching out Dashboard

No. of children (YTD)	-	3525
No. of HCPs trained (YTD)	-	224
No. of children camps (YTD)	-	60

Contents

- CDiC - First year update
- Editorial
- How we intend to change diabetes in children
- Partners in care
- Delivering comprehensive care
- Empowering children & families
- Reaching out to HCPs
- Your space

Changing Diabetes in Children program was launched in September 2011 by our former President- Dr APJ Abdul Kalam. The aim of this program is to improve life of economically underprivileged children with type 1 diabetes by providing free diabetes care. This includes free supply of insulin, syringes, glucometer, strips, other essential diagnostic tests. Apart from this other key component of the program is patient education. In addition, special efforts are taken to create awareness of childhood diabetes among health care professionals, policy makers and the community at large to describe the diabetes management, control status and complication profile in children with type 1 diabetes.



The current phase of this program will continue up to Dec 2014. To ensure that each participating child get more benefits from this program, it is ideal to recruit them early and ensure strong and good follow up. Children education camps and innovative patient friendly tools and toys are made to support follow up for these patients. Sharing best practices and creation of type 1 registry for these children are other desirable outcomes envisaged as part of this program.





Editorial Desk

Dear Colleagues and Friends,

It gives me immense pleasure to note that at the end of the first year of the Changing Diabetes in Children Program, registrations is going on very well and until now we all have been able to serve more than 3525 children. As you all will agree, treating children with type 1 diabetes requires a great passion and CDiC program has bought immense satisfaction to our professional life while treating these children. But, as we move ahead we need to close enrolment in CDiC program once the program registers 4000 children. An SMS would be sent from the CDiC India team to every Center Director on

reaching this number.

It's heartening to note that in the first follow-up after 4 months of registering in to the program, uniformly every centre has recorded reduction in HbA_{1c} scores in these children, ranging from -0.5% to -2.5%. This is no mean achievement. As you will all agree, now we need to strengthen and enhance continuous follow-up with all participating children to ensure minimal drop-outs and maintain / improve these good initial outcomes.

Also, it is the right time that we start thinking about how to sustain the good efforts initiated, beyond 2014. In this regard we will give our inputs to find the best, way forward plans for sustainability of the CDiC program.

The two HCP programs were conducted in Nov 2012. The first one is a PG ISPAD –AMA - CDiC course at Ahmedabad on 2-3 Nov and the second one was AIIMS – ISPAD – ISPAE – CDiC program on 4-5 Nov at AIIMS, New Delhi. In Jan 2013 a consensus & advocacy program involving SE Asian countries is planned on the 12 – 13 Jan 2012 at Bangalore, all details of the same shall be communicated to all very soon.

I once again thank you for your passion and commitment.

With Regards,

Dr KM Prasanna Kumar
Chairperson CDiC



Dear Colleagues

Diabetes in children in India is a growing problem. In the last 12 months we have achieved a great leap forward and we need to work upon the way ahead. I congratulate you all for keeping services to these children first & foremost, in an organized, structured & systematic manner. We have seen improved outcomes observed in participating children from all centres and we need to take it ahead to a new level. Good follow-up & monitoring are crucial elements for this. We need to firm our plans to find ways for integrating this information with the GOI registry which can act as a guideline for treatment of children with type 1 diabetes and it's the right time to start working on sustainability of the CDiC program beyond 2014.

Looking forward for your continued wholehearted commitment to this noble cause.

With Best Wishes

Prof. Ashok Kumar Das



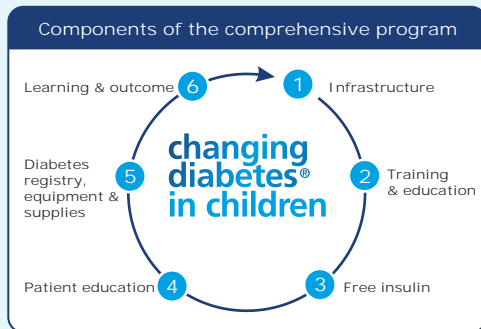
Dear Friends,

The changing diabetes in children program in India is the largest initiative attempted in the history of type 1 diabetes care globally! Your passion and support has helped shape this large initiative. The CDiC Program has made a strong impression on all stakeholders through its relevance and impact. Many more milestones still need to be achieved and I am sure with our combined efforts we will be able to create a standard system to treat every deserving child with type 1 diabetes.

Thank you very much for your commitment, support and guidance.

With Best Wishes

Melvin D'souza,
Managing Trustee NNEF &
Managing Director Novo Nordisk India Pvt Ltd



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

How we intend to change diabetes in children

Milestones Reached

- As of October 2012, we have 19 Centres up and running across the country.
- Additionally we have more than 15 satellite centers which are attached to the main centres. These centres reach out to needy children with type 1 diabetes in smaller towns who cannot come to bigger centres on a regular basis.
- We now have more than 3525 children recruited against our aim of 4000 children. Nearly all the centres have more 100 children under their care.
- 224 doctors have been trained to diagnose and treat children with type 1 diabetes through one day workshops on diagnosing and treating children with type 1 diabetes.
- More than 60 children camps to educate the participating children to manage their diabetes better have been conducted.

Learning's

- A close follow up along with individual attention given to the children is really showing good improvement in their outcomes measured by HbA_{1c} score.
- We are streamlining our efforts in maintaining supplies and other essentials to all centers.

CDiC in the Media

We had good coverage of CDiC program in leading national and local newspapers and also in medical journals like JAPI and ISPAE newsletter



Delivering Comprehensive care to children with type 1 diabetes

New partners who have joined us in this journey.

Centres Director	Centres Address	People in charge
Dr YK Amdekar Medical Director	BJ Wadia Hospital for Children Acharya Dhonde Marg, Parel 24146966 Mumbai - 400 012	Dr Sudha Rao / Dr Rajesh Joshi
Dr Alok Kanungo	Kanungo Institute of Diabetes Specialities 1120, Dumduma Bhubaneshwar – 751019	Dr Alok Kanungo 0674-2471300/301
Dr Nikhil Tandon Professor,	Dept of Endocrinology and Metabolism All India Institute of Medical Sciences Ansari Nagar, New Delhi – 110029	Dr Nikhil Tandon 011-26593433
Dr Surendra Kumar	Associate Professor Endocrinology Department of Endocrinology Patna Medical College & Hospital Patna	Dr Surendra Kumar Mr. Bal Mukund 09304357261

Let's hear from our eminent centre directors on what they wish to share on this noble journey.



Dr Banshi Saboo - CDiC program has greatly helped children with type 1 diabetes by giving insulin, monitoring facility and facility of doing HbA_{1c} and other tests which in turn would have great impact on the future of these children.



Dr Bipin Sethi - It is the first time that a structured approach has been set up for treatment of children with type 1 diabetes.



Dr. Nalini Shah - "CDiC program has shown us way forward for optimizing Management of type 1 Diabetes. The Module has been very successful in achieving the aims and objectives and has definitely served as light of hope in life of children with type 1 diabetes. We wish this program to be an ongoing activity by NNEF and more children must be benefited with this in future."



Dr. P. Raghupathy - "CDiC programme is a real boon to children with type 1 diabetes mellitus because it is a holistic, comprehensive programme covering all aspects of diabetes care. In addition to diabetes supplies, personalized attention given to all children is already showing improved health of the children enrolled in this programme."



Dr PV Rao - CDiC program has a great inbuilt mechanism for compiling data of type 1 diabetes in India. This knowledge in long run can help not only us but our other colleagues from medical fraternity in treating children with type 1 diabetes.



Dr. Rishi Shukla - Very creative and positive program to provide genuine healing touch to children with type 1 diabetes.



Dr. Sanjay Kalra - Children with type 1 diabetes are an unseen, unheard minority, swamped by the type 2 diabetes pandemic affecting older, and more vocal, people. The CDiC helps under privileged children with type 1 diabetes find their rightful place under the sun, and gain access to much needed insulin and ancillary supplies. No longer do these boys and girls feel that they are children of a lesser God.



Dr SS Srikanta - This is the largest and best project ever launched in the world by any institution focused to improve life of underprivileged children suffering from type 1 diabetes in the world.



Dr Sunil M Jain - Education is a very important component of managing type 1 diabetes. Through CDiC, we are getting these kids and their parents understand about diabetes. This is going to have big impact in future.



Dr Vijay Viswanathan - CDiC program is first of its kind in India. It is a boon for children belonging to poor socio-economic background who just could not afford to buy insulin or do monitoring.



Dr Alok Kanungo - Changing Diabetes in Children is a revolutionary attempt by Novo Nordisk education foundation. It has been able to bring smile on the face of downtrodden children with diabetes and their parents. Regular supply of insulin, provision of test facilities and consultation has brought scalable change in the quality of life among the beneficiaries. I wish such program should continue and more children should take advantage of such program.

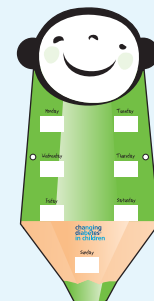
CDiC Advisory Board Meeting 23rd September 2012, Le Meridien, Bangalore Images of Advisory Board Meeting



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

To make diabetes education easy and more effective, we have come up with innovative diabetes education tools

- Mishti story book: This is the story of a little girl with diabetes who shares her journey with diabetes. 2 issues have been released so far. Mishti - 3 will be released shortly.
- NOTTI Toy: NOTTI (Novo Nordisk Teaches To take Insulin) is a soft toy which demonstrates insulin administrations and sites with rotation areas.
- Snake and Ladder Game: It is a board game in which players need to reach from square 1 to square 100. Each player selects his/her token. The dice is rolled to show the number of squares that the player can move their token. In this game when a player lands on a square that is at the base of the ladder, their token climbs up the square at the top of the ladder, like good habits which can take any one ahead in life. If a player lands at the snake's head, their token slides down to the square at the snake's tail like bad habits which can create hindrance in any ones life.
- "Make a healthy change" folder: As the name suggest, this in an input consisting of tasty healthy recipes, insulin site rotation aid, tips on diet, exercise, insulin and monitoring each.



Very soon we will be coming out with Visual Aid for educators, HbA_{1c} convertor for patients and HCP's and Hypo Kit.

Apart from the above education materials we have conducted more than 60 children camps. The focus in these camps are three basic components to help children manage their diabetes and lives better.

1. Diabetes education
2. Experience sharing
3. Fun activities.

In these camps many important aspects for their day to day diabetes management are covered, viz

- Technique for Insulin site selection, rotation and injecting taking.
- Recognizing different types of insulin, learning to mix insulin correctly if required
- Self-monitoring in diabetes, importance of timely checking and significance of each individual test report
- Understanding basics of diabetes
- Importance of HbA_{1c} in preventing and delaying long term complications
- Importance of balanced diet including difference between whole grains and refined grains
- Importance of 6 meals vs. large meals.
- Starch exchange and fruit exchange
- Diabetes and the prevalenting myths
- Sick day rules
- Traveling and Diabetes
- Hypoglycaemia, need for its prevention and treatment



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

We decentralized the HCP's training process to reach out to HCP's in class 1 towns. Three HCP training programs were conducted at Indore, Kanpur and Aurangabad reaching out to 89 Doctors. As of now we have trained a total of 224 doctors. These one Day workshops were designed with support and discussion with our local ISPAD/ISPAE faculty Dr Anju Virmani and centre directors. We also had the able support of Dr Abhishek Kulkarni and Dr. Ganesh Jawelkar to conduct these programs. The Centre heads helped us in inviting doctors from territories around their centres. The objective of this workshop was to essentially highlight the fact that treating children with diabetes is different from adults. The workshop had 6 modules namely:

- Diagnosing children with type 1 diabetes
- Medication in type 1 children (using insulin's)
- Tests in type 1 children (what is bare minimal & when to ask)
- Acute complications management
- Chronic complications management
- Managing special situations, eg., adolescents.

To make the program interactive each participant was given a case, which was taken up for discussion during the program. This made the participant interact and understand multiple prospective of the situation along with getting the experts opinion.

Each participant was given copy of book "Diabetes in children and adolescents" by ISPAD for future reference.



Your Space- Inspirational Stories

(Contributions from CDiC centers)

Ashish Kumar

Child attached to Bharti Hospital
CDiC center, Karnal

Sunil Kumar, an illiterate migrant labourer from Uttar Pradesh, living in Karnal, was barely able to make both ends meet, when ill health struck his son Ashish.

Ashish, (which means 'blessing' in Hindi) was 12 years old when he began to fall ill repeatedly and lost over 5 kg within a month. Local alternative medicine practitioners were consulted. None of them were able to pinpoint the cause of Ashish's ill health or take care of his symptoms. A routine urine test performed during an episode of fever revealed "4+ sugar". Along with the diagnosis of diabetes, confirmed by the laboratory technician came this advice "Only God can save your son now!"

By the time Ashish reached the hospital, he had slipped into coma. His DKA was managed successfully. He returned to his locality, frail and weak, but alive and awake, to a surprised welcome from his neighbours, who had not expected to see him again.

Armed with a glucometer, gluco strips, and appropriate education, Ashish followed the basal bolus insulin regime prescribed to him. As his diabetes came under control, he gained weight and strength.

Over the past few months, Ashish has learnt the importance of regulating his diet, physical activity, and insulin intake. He says, "Injecting insulin is part of life, just like brushing teeth or combing hair".

His concordance to therapy is reflected in the HbA_{1c} reports that have improved from 14.5 % at baseline to 8.3% at visit 2.

For the CDiC centre, working with Ashish has been an eye-opening educative experience. Living less than 4 km from the centre, he represents the large majority of children with type 1 diabetes, who cannot afford access to essential diabetes care and remain dependent on alternative medicine of dubious quality.

Ashish story has stimulated the centre to plan a rural outreach centre for other patients like him.

Today, we join Ashish in celebrating his success with diabetes, and hope that he realizes his ambition of becoming a cricketer.

E Baby Rani

Child attached to
Diabetomics CDiC center
Hyderabad

This child comes from a tribal region, with little to no medical facility. Her parents were illiterate and the diagnosis of diabetes in Baby Rani was taking a big toll in family expenses.

When she presented at the CDiC center, she was weak, lethargic and had uncontrolled blood glucose levels as the family was not able to buy complete quota of insulin for month. They were also having very little awareness about other aspects of treating diabetes. E Baby Rani and her parents were educated about type 1 diabetes, its complications, treatment, monitoring, diet and physical activity. The child also received insulin, syringes and glucometer, strips and essential tests.

After 4 months of enrolment, the child is feeling better, energetic and healthy and her parents are happy to see improvement in her. E Baby Rani who is a school dropout has now started learning tailoring.

Mythili

Child attached to M.V. HOSPITAL
FOR DIABETES (P) LTD)
CDiC center, Chennai

Mythili studying in 7th Standard was living with her grandparents. She was uncertain about her future and had a constant fear whether she would be able to lead a normal life like other children or not. Though very much interested in school activities, she was unable to take part due to her inhibitions, inferiority complex and due to comparing herself with other non-diabetic

children. For her taking insulin and monitoring blood sugars were very difficult tasks. Severe Hypo and Hyperglycemic episodes due to improper insulin intake, food intake, stress and in-adequate knowledge about diabetes were making her life miserable.

When she visited center, she started getting knowledge about diabetes, diet and exercise. She started taking insulin regularly and began to monitor her blood sugar levels, which relieved her from severe hypo and hyperglycemic episodes. She was counselled to overcome stress. She gradually developed confidence to participate in school activities especially sports. After meeting many children at hospital her lonely thoughts vanished and she started mingling with other children. She became expressive in her thoughts and also started participating in academic and extracurricular activities. By strictly following the doctor's advice in treating diabetes, now her HbA_{1c} has come down from 10.02 % to 8.0%.

Amit

Child attached to SPAD,
CDiC center, Kanpur

Amit is a 15 year old cheerful boy. He is having diabetes for the past 10 years. Amit felt very weak and was not able to control his diabetes. His parents were able to get insulin somehow, but it was impossible for him to monitor his blood sugar levels and do other tests. After having proper blood glucose monitoring and insulin on time, he is able to control diabetes. He loves to go to children camps as he always gets to know about many things which help him to control diabetes and live happily. He is very thankful to Dr. Rishi Shukla. According to him, " Dr. Rishi Shukla is not only a very good doctor but a great human being and he is the one who has motivated him to study again and is guiding him to live a normal life." Amit feels that every child with diabetes should control his/her diabetes as this makes their doctor happy.

Master Rohit Waghmare.

Child attached to KEM hospital
CDiC center, Mumbai

Mr. Vaijanath Waghmare, father of Master Rohit Waghmare shared this story with us. His son was diagnosed to have type 1 diabetes recently. His blood sugars were very high in the range of 600-700mg. He was shocked to know the diagnosis and was worried for treatment of his son for the same in terms of its expenses. Dr. Vyankatesh Shivane enrolled his son in this programme and started him on insulin.

He also provided the child and family, diabetes management kit which is words of Mr. Vaijanath Waghmare is an essential although expensive part of managing type 1 diabetes After following this treatment regimen of daily monitoring of Rohit's blood sugars & insulin dose adjustment, Rohit could control his blood sugar levels. "He is now more active and takes part in all sports activities conducted in his school. His school attendance has become regular and his academic performance has also improved.



CDiC – WDD celebrations 2012

A variety of programs conducted across all CDiC centers marked this year's WDD Celebrations. The activities were spread across the country and conducted through most of the month starting from 4th Nov 2012. The main events included, diabetes walk, painting, singing, poetry, dance, quiz on diabetes, diet exhibitions and magic shows. Around 3000 children along with their parents participated in these programs. A hypo-kit containing a small snacks box and a water bottle was given to all children along with a talk on managing hypoglycaemia.



WDD celebrations by children with type 1 diabetes all across centers



To initiate and strive for comprehensive diabetes care in the economically underprivileged 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.

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 to CDI C I NDI A@novonordisk.com.

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