

## Reaching Out Dashboard

No. of Children 4063

No. of HCPs Trained 5289

No. of Children Camps 500

# CDiC - INDIA Newsletter

Issue: 14, December 2016



Editorial Desk

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"WISHING YOU ALL A VERY  
HAPPY AND HEALTHY  
NEW YEAR 2017"

Editorial Committee: Prof. P. Raghupathy, P. Dinakaran, Dr. Shuchy Chugh, Harshal S Makasare, Dr. Neera Gupta



## Editorial Desk



### Dear colleagues and friends,

I would like to thank every one of you personally, from the bottom of my heart for your magnificent efforts and support for the CDiC program. Needless to say that only by our constant and continued endeavour, we can ensure that all the registered children should reap the benefits of this program, and none of them should become a dropout from the program.

It is my belief that if we focus on diabetes education and on overcoming psychosocial barriers, we could achieve the best results. Group diabetes education sessions and strengthening follow up can go a long way (in the long run) in ensuring an optimal outcome. As we head towards scientific publications from our registry, I would request you to strengthen scientific data on type 1 diabetes so that our learning can be shared for betterment of all children with diabetes and medical community.

In the month of November, as part of the World Diabetes Day programs, in addition to the local functions in all the Centres, wherein our patients participated with great enthusiasm in all the activities, we were able also to take this program to a newer height. Multiple meetings in schools were held across the country, involving teachers and the general public, for creating awareness about type 1 diabetes. This gives me immense satisfaction that not only we are providing comprehensive care to children but we are also fashioning a better environment and society. We aim to bring greater awareness and increased understanding of type 1 diabetes through such initiatives in the coming years. I do hope these efforts will be beneficial in creating a better world for all the children with type 1 diabetes.

Wishing you and your family a very Happy New Year 2017 !!

**With kind regards**

**Prof P Raghupathy**  
**Chairperson CDiC**



### Dear colleagues.

The major challenges in the management of T1DM still remains at the level of infrastructure, diagnosis, healthcare delivery & training physicians, apart from availability of insulin, monitoring and providing psycho-social support. Since its launch, the CDiC program, with all your inputs has been working constantly towards overcoming these challenges in the management of children with type1 DM in our country. I would like to thank each one of you for your support and commitment in this effort.

Further addition in this endeavour, is your contributions towards bringing out a text book on type 1 diabetes, I thank you for sharing your invaluable insights & your involvement in supporting this task. We now need to work upon long term sustainability of this project by seeking support and involving the Government bodies. This will help us in serving many more needy children with type1 diabetes, in the long run.

Looking forward for your continued wholehearted commitment in the new year and many more years to come.

Wishing you and your families a very happy and prosperous New year 2017

**With best wishes**

**Prof. Ashok Kumar Das**



### Dear friends,

At Novo Nordisk, Changing Diabetes is a promise we have made for all the people with diabetes. I salute your commitment and effort towards Changing Diabetes® in children programme. It is because of your effort that CDiC program was recognised on the national platform by Research Society for the Study of Diabetes in India (RSSDI) at their 44th annual conference in Hyderabad. Thanks a lot.

We are committed to support this noble program up to Dec 2020, and are working towards innovative ways to scale up and to make it sustainable for a much longer timeframe. We are also continuing with the "NovoAid" scheme, to support newly diagnosed children with type 1 diabetes from economically backward class of society. Thanking you once again for your support, guidance and commitment.

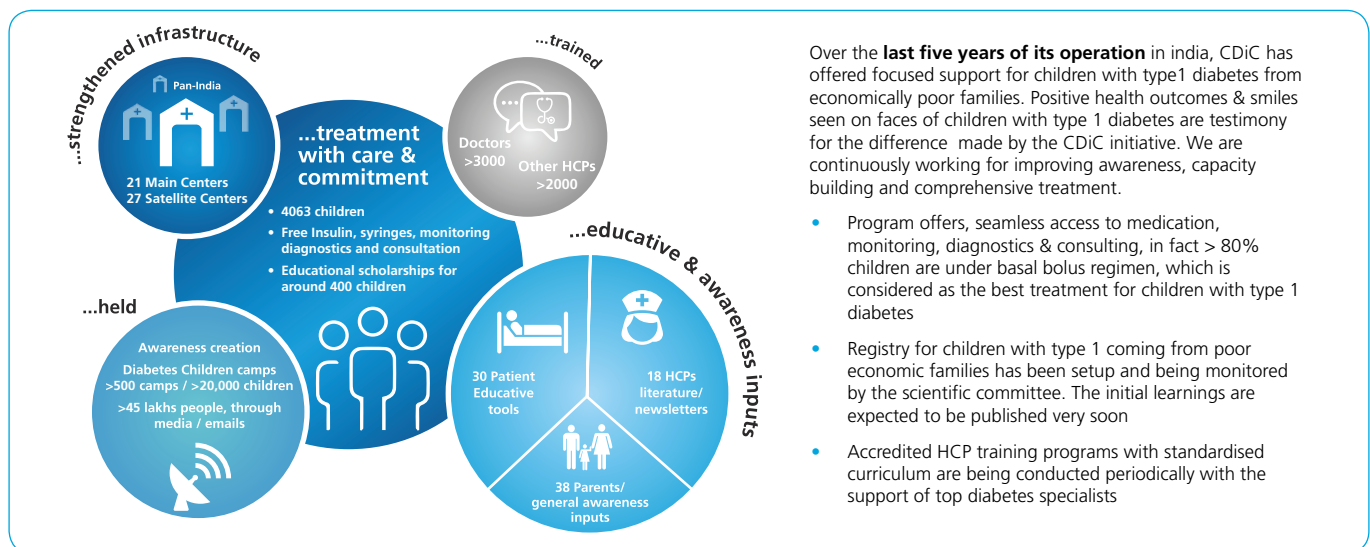
Wishing you, your families and every CDiC child a Merry Christmas and a Happy New Year 2017.

**With best wishes**

**Melvin D'Souza**  
**Managing Trustee NNEF**  
**VP & GM Novo Nordisk India Pvt. Ltd.**



## Changing Diabetes® in Children (CDiC) journey so far



Over the **last five years of its operation** in India, CDiC has offered focused support for children with type 1 diabetes from economically poor families. Positive health outcomes & smiles seen on faces of children with type 1 diabetes are testimony for the difference made by the CDiC initiative. We are continuously working for improving awareness, capacity building and comprehensive treatment.

- Program offers, seamless access to medication, monitoring, diagnostics & consulting, in fact > 80% children are under basal bolus regimen, which is considered as the best treatment for children with type 1 diabetes
- Registry for children with type 1 coming from poor economic families has been setup and being monitored by the scientific committee. The initial learnings are expected to be published very soon
- Accredited HCP training programs with standardised curriculum are being conducted periodically with the support of top diabetes specialists

### 2016 Key activities

- A designed set of more than **100 structured, "children diabetes camps"**, were conducted, reaching to more than 5000 children. These camps have enabled good follow-up, to help reach >70% of the registered children.
- Special activities were conducted in CDiC centers commemorating **World Health Day** in April, **Insulin Discovery Day** in July and **World Diabetes Day** in November which helped in increasing awareness on diabetes in children.
- **CDiC Type 1 DM update : Nine CMEs for Doctors**, were conducted pan India attracting **875 Doctors**. All the programs were accredited with credit hours for the participants by their respective Medical Councils.
- **Diabetes Educators programs: Seven programs** were conducted reaching to **646** nurses and educators.
- Coordinated and conducted the **CDiC symposium in the PAMS ADA meeting** at Bangalore. Dr Desmond Schatz, ADA President and Dr Alvin Powers President elect ADA spoke on type 1 diabetes and the CDiC program.
- One of its kind **education program for parents** of children with type 1 diabetes was organized at Aurangabad. It was attended by more than 300 parents and 50 educators, most of them either had type 1 diabetes or were having a child with type 1 diabetes.
- The ISPAD book titled **"Diabetes in Children and Adolescents" has been translated in Hindi**. It was released by Dr Carine, Secretary General ISPAD and distributed at the ISPAE 2016 at Nasik. The soft copy of the same is now available in the ISPAD website.
- **Participated in the OPPI NCD Access Summit at New Delhi**, on 19th Aug, This was an excellent advocacy program which had the participation of the Ministry of Health and Family Welfare, Department of Pharmaceuticals and the OPPI member companies. Our CEO, Lars Reben Sørensen was the key note speaker in the program.
- As part of the Ministry of Health and Family Welfare's team, we **participated in India International Trade Fair (IITF) 2016**. A diet gallery was set up to explain the need for proper diet to all the visitors for preventing and managing diabetes, the stall was managed by a diabetes educator, who has type 1 diabetes.
- **35 World Diabetes Day activities** were conducted across India in coordination with the CDiC main & satellite centres involving **>2500 type 1 children & >5000 caregivers**.
- More than **740 activities were conducted in clinics across India**, through the support of our field colleagues involving **> 5000 children with type 1 diabetes and more than 30,000 people**. Mishti Video was played and poster competitions were conducted to educate and create awareness about type 1 diabetes.

The program is finding ways to work with the policy makers and other government stakeholders to find ideal long term sustainability plans for children with type 1 diabetes from poor socioeconomic class.



## World Diabetes Day - 2016

Since 1991, 14th November is marked as World Diabetes Day (WDD), coincidentally, in India, it also happens to be the Children's Day. As an integral part of our ongoing commitment to changing diabetes, this year we focused on keeping children as the main ambassadors for changing diabetes in all our activities. Keeping the themes of "Eye on Diabetes" & "Know your risk" of WDD in focus, Diabetes walkathons, Diabetes education classes, "Type 1 Champs at school"- campaign, My Companion campaign, Poster competitions, cultural and other motivational programs were conducted. In all these events conducted in the various CDiC centers, the children and their parents had a chance to interact with adults living healthy and normal life with type 1 diabetes.

Most of the activities conducted in various CDiC centres were focused on the overall health and prevention of complications in children with type 1 diabetes. These included

- Distribution of "My Companion Pouches" – a handy, high quality pouch for carrying insulin to all the CDiC children. This emphasized maintaining of cool chain for the effectiveness of Insulin.
- Painting competition for children conducted with theme "Draw your super hero who can help you win over diabetes". It was interesting to see children draw insulin, their parents and doctor as super heroes.
- Giving of interesting 6 Pager on Dos and Do not's for managing diabetes in children.





## World Diabetes Day - 2016

### Activities galore



- Diabetes Walkathons - Children, their families and general public participated in the walkathons. These walks not only emphasized the importance of exercise in management of type 1 diabetes but also in creating awareness about diabetes, highlighting the need to understand diabetes in order to control it & communicate, that diabetes can affect anyone, at any time.
- Blue lighting and Blue circles at CDiC centers - To create awareness that diabetes is a universal problem and can effect anyone, blue lightening and blue circles were made at few CDiC centers





## World Diabetes Day - 2016

### Activities galore

- Cultural programs and fun activities were conducted in most of the centres to motivate children. Children presented their talents to the audience. They presented dance programs which included excellent classical dance performances like Bharatanatyam and kathak. There were skit, hoola hoops, aerobic and yoga performances at various centres.
- Diabetes Education classes- Peer group support and diabetes education classes for children and parents are very important in management of diabetes. For empowering children and families and providing them essential support from peers in same situation, diabetes education classes were conducted. The main topics covered included, prevention of complications, insulin taking technique, managing hypo and hyperglycemia, importance of right diet & exercise.





## World Diabetes Day - 2016

### Activities galore



As part of this year's WDD campaign, special attention was given to improving awareness among school teachers, who can make a big difference to children with type 1 diabetes, since these children spend a good amount of their daily time with them. "Type 1 champs at school", is the campaign initiated for this objective of making teachers more aware of simple things they can do to help these children with type 1 diabetes thus offer them a safe and supportive environment at school. Three "Type1 champs at school" activities undertaken are;

- Diabetes awareness camps at school, reaching > 2000 teachers who were educated and also screened for diabetes
- An e-mailer containing simple and useful information on type 1 diabetes for teachers was sent to >2000 teachers and schools.
- A print media campaign creating awareness about importance of teacher's knowledge on the management of diabetes and its impact on future of children was also initiated with articles by Dr Banshi Saboo in Ahmedabad and Dr Bipin Sethi in Hyderabad.





## CDiC in the Media

The problems faced by children with type 1 diabetes (less than 5% of total people with diabetes) are often overlooked. Support is needed not just from health care professionals and family but also from society to ensure optimal care and improved quality of life for children and young people with diabetes.

The media covered many of the events that happened at CDiC centres especially during the WDD program and this definitely has gone a long way in increasing the awareness on type 1 diabetes among the general public. Articles by Dr Banshi Saboo in Ahmedabad and Dr Bipin Sethi in Hyderabad appeared in local newspaper under a print media campaign creating awareness about importance of teacher's knowledge on management of diabetes and its impact on future of children. Apart from this we had an article by Dr K M Prasanna Kumar in Times of India. We also had scientific articles from our center directors published in Journal of Social Health and Diabetes. Through this medium we could reach to more than 45 lakh people.

### Diabetes awareness among children is important

**Dr. Banshi Saboo**  
The awareness of diabetes in children is important. It is a chronic disease that affects millions of children worldwide. In India, the number of children with diabetes is increasing rapidly. It is important to create awareness among children and their parents about the disease and its management. This is a need to educate children and their parents about the disease and its management. This is a need to educate children and their parents about the disease and its management. This is a need to educate children and their parents about the disease and its management.



### Children with diabetes at school

**The News Express**  
The presence of children with diabetes at school is a growing concern. It is important for schools to be aware of the needs of these children and provide them with the necessary support. This is a need to educate children and their parents about the disease and its management. This is a need to educate children and their parents about the disease and its management.



### બાળકોમાં ડાયાબિટીસ - શિક્ષકો ઘણું કરી શકે છે

**ડાયાબિટીસ** એક ગંભીર રોગ છે. તેને ઓછામાં ઓછા 5% કુટુંબોમાં જોવા મળે છે. શિક્ષકોને આ રોગની જાણ હોવી જોઈએ અને તેમને તેને ઓળખવા અને તેને ઓળખાવવાની ક્ષમતા હોવી જોઈએ. શિક્ષકોને આ રોગની જાણ હોવી જોઈએ અને તેમને તેને ઓળખવા અને તેને ઓળખાવવાની ક્ષમતા હોવી જોઈએ.

### चांच बच्चों को प्रदान की छात्रवृत्ति

**નોવો નોર્ડિક ફાઉન્ડેશન** દ્વારા સંચાલિત નોર્ડિક ડાયાબિટીસ ઇન ચિલ્ડ્રન યાનિ સોડીઆઈસી ને ઇસપીએટી સોડીઆઈસી સેંટર કો મદદ સે એક છાત્રવૃત્તિ કાર્યક્રમ કો આયોજન કિયા. ઇસ લવસર પર પાંચ બચ્ચો કો શૈક્ષણ પ્રોમિસર લોગ કે નેવેરવેન યોગીય શુક્લા કે દ્વારા દસ-દસ હજાર રુપયે કો છાત્રવૃત્તિ પ્રદાન કી ગય. ઇસ છાત્રવૃત્તિ પ્રદાન કી ગય. ઇસ છાત્રવૃત્તિ પ્રદાન કી ગય. ઇસ છાત્રવૃત્તિ પ્રદાન કી ગય.

### બાળકોમાં ડાયાબિટીસ - શિક્ષકો ઘણું કરી શકે છે

**ડાયાબિટીસ** એક ગંભીર રોગ છે. તેને ઓછામાં ઓછા 5% કુટુંબોમાં જોવા મળે છે. શિક્ષકોને આ રોગની જાણ હોવી જોઈએ અને તેમને તેને ઓળખવા અને તેને ઓળખાવવાની ક્ષમતા હોવી જોઈએ. શિક્ષકોને આ રોગની જાણ હોવી જોઈએ અને તેમને તેને ઓળખવા અને તેને ઓળખાવવાની ક્ષમતા હોવી જોઈએ.

### SCHOLARSHIP

The local center of SPAD CDiC in association with Novo Nordisk Education Foundation organized a scholarship dissemination programme here in the city a few days ago. On this occasion, five children were awarded scholarships worth Rs.10000 by the IPI Chairman, Rajni Shukla, Centre Director of Changing Diabetes in Children (CDiC). Dr. Rajni Shukla was also present. Children were selected based on certain parameters including meritorious academic performance, good control of diabetes or poor socio-economic background.

### Changing Diabetes® in Children Programme presented 'Award of Recognition by RSSDI

**RECOGNITION**  
The Changing Diabetes® in Children Programme in India was given a special recognition for providing exceptional care to children with type 1 diabetes. The award was presented by RSSDI, a leading organization of diabetes healthcare professionals and researchers in India. The award was presented by RSSDI, a leading organization of diabetes healthcare professionals and researchers in India.

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## Capacity Building Initiatives

### HCP Training Program

Building capacity through, "Accredited HCP Training Program", to support the health system for better management of children with type1 diabetes in India.

Along with the primary objective of improving access to proper medication, the CDiC program also focuses on training of healthcare professionals to enhance their capabilities in diagnosis and treatment of children with type1 diabetes. Many HCPs confuse management of type 1 diabetes with management of type 2 diabetes. Most of the treatment protocols focus on type 2 diabetes. The changing diabetes in children (CDiC) program along with 21 centre directors is helping in overcoming these challenges or barriers faced by HCPs by providing continuous training to HCPs through focused healthcare programs on management of children with type1 diabetes.

The program is helping in improving knowledge and standard of medical care in multiple ways, viz.,

- Accredited HCP training Programs
- Translating the ISPAD book on type1 diabetes in Hindi for larger reach among other HCPs
- Creation of a text book on type 1 diabetes through contributions from our esteemed CDiC Centre Directors

In order to create interest about the special needs of T1DM among qualified HCPs, more than 3000 doctors and 2000 paramedical staff have been trained via the "T1DM workshops," conducted

across the country since the start of program. Along with medical aspects, psychosocial and behavioural management of children with T1DM are also discussed. To make this learning more systematic and standardized, a curriculum with power-point presentations for training HCP was prepared with the help of centre directors.

**HCP trainings conducted in last 6 months are as follows:**

| Date         | Centre | Place      | Doctors Trained | Diabetes Educators Trained |
|--------------|--------|------------|-----------------|----------------------------|
| 29th May     | BDH    | Bengaluru  | 34              | 11                         |
| 31st May     | SSKM   | Kolkatta   |                 | 31                         |
| 2nd June     |        | Puducherry |                 | 67                         |
| 3rd June     | DRS    | Hyderabad  |                 | 45                         |
| 10th July    | TOTALL | Indore     | 24              |                            |
| 31st July    | Sarda  | Aurangabad |                 | 50                         |
| 3rd Aug      |        | Bangalore  |                 | 125                        |
| 12th Aug     | MV     | Vellore    | 216             |                            |
| 31st AUG     | BDH    | Gulbarga   | 216             |                            |
| 18th Oct     | BDH    | kuppam     | 123             | 30                         |
| 20th Nov     | BDH    | Shivmoga   |                 | 130                        |
| <b>Total</b> |        |            | <b>613</b>      | <b>489</b>                 |





## A Note on Care

### Dos & Do not's

# Insulin Injections

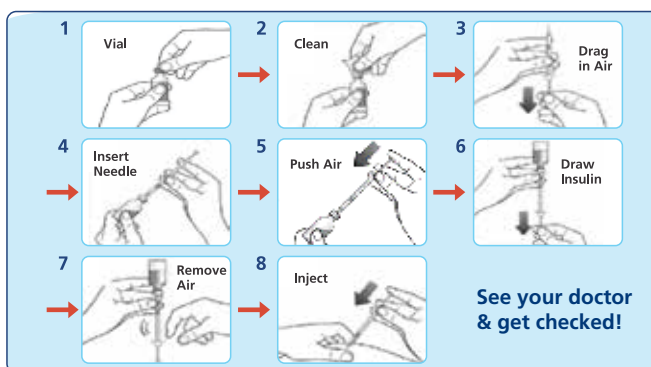
Follow Medical Advice, Beat Diabetes



- Insulin is a natural hormone our body creates and needs.
- Insulin should be stored at 2-8°C. Insulin in use can be kept at room temperature for 28 days.<sup>1</sup>
- Must take insulin as instructed by doctor and follow instructions of insulin - meal intervals. If the sugars are coming high or low, insulin doses need to be adjusted.
- Must roll insulin vial or cartridge gently before injecting
- While injecting, keep injections about an inch (or two finger widths) apart from previous injection site.



- Stop insulin without doctors advise.
- Keep the insulin in direct sunlight or in the freezer.
- Change insulin type or timings without consulting your Doctor.
- Inject in the same area all the time and into scar tissue or areas with broken vessels or varicose veins.
- Throw loose needles, syringes and vials /pens in rubbish or in open places.



#### Key facts

When people take insulin to manage their blood sugar, they are replacing something their body should normally be making.

Insulin injection is the only treatment option currently available for good health of children with type 1 diabetes.

1. <http://www.consumermedsafety.org/insulin-safety-center/item/420>. 2. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin-storage-and-syringe-safety.html>  
 - Accessed on 13 oct 16



## Diabetes Educator Column

### Prevention of Diabetic Ketoacidosis in children with type 1 diabetes

#### Diabetic Ketoacidosis

DKA occurs when there is no insulin or insulin action is insufficient. It is most commonly seen at time of diagnosis, with acute illness or if insufficient insulin has been administered. DKA if not treated, can lead to coma and death.\*

**As educators, it is our duty to counsel children and parents for prevention of any complication. Please find few points on this important subject.**

#### Causes of DKA

- Lack of Insulin/ Too little insulin
- Blood glucose level high
- Loss of electrolytes in urine
- Infection

#### Consider possibility of DKA : When there is a child with following signs and symptoms

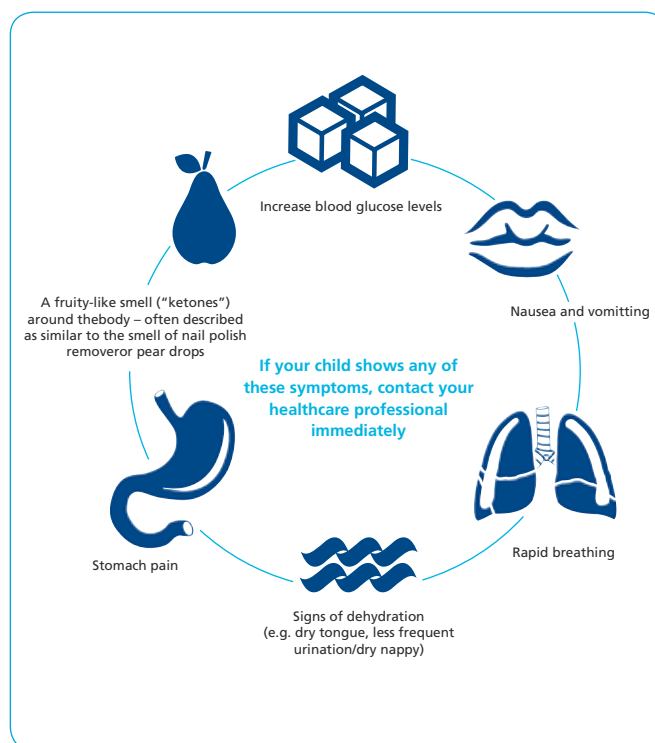
- High blood glucose (lab or glucometer) or urine glucose
- High Urine Ketones / Serum ketones
- Thirsty & have Sunken eyes, dry mouth, decreased skin turgor
- Sweet smelling breath
- Acidotic breathing
- Nausea, vomiting, abdominal pain
- Irritability, altered level of consciousness

#### Strategies to Prevent Diabetic Ketoacidosis

- Appropriate and regular diabetes education for management of diabetes at home especially on sick day management.
- Regular home blood glucose monitoring and more frequent monitoring when sick; every 3-4 hours.
- Learning about insulin dose adjustment from doctor. Taking supplemental short-acting insulin regimens when blood sugar levels are high
- Monitoring of urine ketones at home when sick and when sugars are continuously above 240mg/dl for a day.
- Easily digestible liquid diets when sick
- Staying hydrated by drinking extra liquids (low calorie) when having high blood sugar levels
- Never skipping insulin dose. Reducing, rather than eliminating, insulin when patients are not eating
- Guidelines for when patients should seek medical attention

#### It's also important to know when to seek help and visit hospital. Child must visit hospital if :

- The child/person with diabetes is confused or his/her general well-being is affected
- Is having large or repeated vomiting
- Having Increasing levels of ketones or laboured breathing
- Continued high BG level > 240 mg/dl despite extra insulin
- Unable to keep BG > 70 mg/dl
- The underlying condition is unclear
- There is severe or unusual abdominal pain



\*<http://www.diabetes.org/living-with-diabetes/complications/ketoacidosis-dka.html>



## Recognition and Awards

# Changing diabetes® in children programme wins the RSSDI award

Changing Diabetes® in children programme, was recognised on the national platform by Research Society for the Study of Diabetes in India (RSSDI) at their 44th annual conference in Hyderabad.

The award is in recognition of the initiative which has benefitted children across the country, devoid of any commercial standpoint. The award also commends the program for providing impeccable benefits, comprehensive coverage and quality of delivery. The award was accepted by Vinay Ransawal, Trustee Novo Nordisk Education Foundation. We thank each one of you for your contribution and support for changing lives of many children with type 1 diabetes.



## Quiz time

Please find a quiz here on CDiC program India. You can send your answers to [CDiCIndia@novonordisk.com](mailto:CDiCIndia@novonordisk.com)

Issue: 14, Dec 2016

- Q1 Who launched CDiC program in India?
- Q2 How many children in India, are being supported through CDiC program?
- Q3 What was the theme of World Diabetes Day – 2016?
- Q4 Can you recognize any three doctors featured in this newsletter?
- Q5 What is the name of the campaign which has been started to bring awareness about type 1 diabetes among school teachers?
- Q6 What are five most important strategies for prevention of DKA in type-1 diabetes?
- Q7 What is the ideal temperature to store insulin?

First 3 correct answers will be acknowledged in the next issue of our newsletter

**"We thank everyone for your kind efforts in the 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](mailto:CDiCINDIA@novonordisk.com)."**