


**BMJ**

 **Royal College  
of Physicians**

  
**THE AGA KHAN UNIVERSITY**



Six Months  
Certification  
**Course in  
Diabetes**



## INTRODUCTION TO THE COURSE

BMJ and Aga Khan University Karachi are pleased to announce the Six-Month Certification Course in Diabetes, this course helps physicians improve their theoretical and practical resources to manage diabetes in an effective manner. In our endeavour to help clinicians tackle today's most critical healthcare challenges, we constantly try to deliver the most relevant and current educational resources that doctors need. We are working on providing professional development solutions that help enhance knowledge and day to day decision-making in healthcare.



## INTRODUCTION

### **About British Medical Journal (BMJ)**

BMJ started out over 180 years ago as a medical journal, publishing our first research paper. Now, as a global brand with a worldwide audience, we help medical organisations and clinicians tackle today's most critical healthcare challenges. Today, our expertise extends to medical education, clinical decision support and quality improvement to enhance day to day decision making and healthcare delivery. However, our core objective remains unchanged. We continue to support medical professionals and organisations in improving the delivery of healthcare. We do this by publishing new academic research, providing professional development solutions and creating clinical decision support tools.

### **About Aga Khan University (AKU)**

For over 30 years, The Aga Khan University has built a reputation in Pakistan for excellence in teaching and learning. The mission of AKU is to improve the quality of life in the developing world and beyond, through world-class teaching, research and health-care delivery. With programmes in educational development, medicine, nursing and midwifery, the university aims to inspire young researchers and professionals to become forces of positive change in their communities. The Aga Khan University's Medical College, has a proven track record of providing quality medical education. The Medical College places great emphasis on the professional, personal and intellectual development of students, so that its graduates become contributory members and leaders of society. The University's Postgraduate Medical Education strives to instill critical thinking and analysis into its graduates to promote evidence-based health care and research abiding by the principles of ethics and professionalism. Each programme is carefully structured to produce skilled

healthcare professionals and to facilitate a process of broad professional and personal development. The University educates students for local and global leadership, generates new knowledge to solve problems that affect millions of people, and raises standards and aspirations in the countries in which it works.

### **About Royal College of Physicians London (RCP)**

Founded in 1518 by a Royal Charter from King Henry VIII, the Royal College of Physicians of London is the oldest medical college in England, often playing a pivotal role in raising standards and shaping public health. In the 19th century RCP expertise was relied upon by successive governments as long-overdue medical reforms were introduced, most importantly the Medical Act of 1858. In recent times, RCP support was crucial to the establishment of the National Health Service in 1945. The landmark report Smoking and Health of 1962 was a turning point in post-war health policy and heralded a new era of public engagement for the RCP.

### **About Integrated Human Initiatives (IHI)**

Integrated Human Initiatives a company incorporated in Pakistan. Kupgrade is a Medical Education initiative of IHI, the registered entity. Kupgrade is the first dedicated Medical Education project within the scope in Pakistan. Our mission is "Knowledge Upgrade". We are proud to partner with the BMJ in Pakistan since 2017. This academic relationship helps us to provide latest medical content to the Pakistani researchers and healthcare professionals in medical universities and healthcare organizations. Thus, Kupgrade is making efforts to raise the standard of Medical Education, Research & Training in Pakistan eventually improving healthcare in Pakistan.



## WELCOME MESSAGES



**Course Director  
Pakistan**

### **Prof Najmul Islam**

MBBS, FRCP (London) Head of Endocrinology, Professor of Medicine & Consultant Endocrinologist, Aga Khan University. Dean/Convenor of Endocrinology, College of Physicians & Surgeons Pakistan. Ex-President & Founding Member of Pakistan Endocrine Society.

“We are thrilled to offer this certification course to Pakistani Physicians. This course is tailored to a Pakistani patient's unique profile and is continuously reviewed and quality controlled by top experts from the UK. With the help of this carefully curated curriculum, Pakistani physicians would be even more confident in managing the diabetes of their patients.”

### **The Royal College of Physicians**

“The Royal College of Physicians is a world leader in postgraduate medical education.

We deliver a wide range of projects aimed at strengthening health systems and improving medical standards across the globe. Our work spans high-, middle- and low-income countries, ranging from clinical skills workshops in rural Nigeria to accreditation work and guideline development in the Middle East. We also develop and coordinate the globally-recognised MRCP(UK) exams as part of the Federation of the Royal Colleges of Physicians.”



**Course Director  
London**

### **Dr. Kieran Walsh**

Clinical Director  
BMJ Learning & BMJ Best Practice, London

“BMJ is glad to announce its partnership with Aga Khan University Karachi Pakistan to provide educational support for health professionals to improve care for people with diabetes in Pakistan. We are delighted to be involved in this initiative to help doctors learn more about this condition and really make a difference to diabetes care across the country.”



## WELCOME MESSAGES



**Academic Director**

### **Dr. Aisha Sheikh**

MBBS, FCPS, FACE (USA), Fellowship Diabetes, Endocrinology & Metabolism (AKUH), PGDip Diabetes (UK), PGDip Endocrine (UK). Consultant Endocrinologist & Faculty member at Aga Khan University Hospital, Karachi, Pakistan and registered tutor at University of South Wales (UK).

The prevalence of Diabetes Mellitus is increasing at an alarming pace globally. According to the recent International Diabetes Federation atlas (2019), Pakistan has an estimated 19.4 million people with Diabetes and stands at the fourth position in the world. To reduce the burden of complications of Diabetes, the physicians have to be well-equipped with the knowledge and training to manage this chronic condition effectively. Keeping this in mind we are offering this six-month certification course in Diabetes which has flexible online learning modules that will suit your busy clinical practices. In addition, practical training sessions will further enhance your clinical skills. This course is developed in lieu with Pakistani cultural and social practices and is peer-reviewed and quality controlled by top experts from British Medical Journal, UK. This course promises to provide you evidence-based, updated knowledge and confidence to manage your patients with diabetes. ””



Diabetes Certification Course is our flagship educational initiative which brought together three globally acclaimed institutions: AKU, BMJ & RCP; to deliver the best-in-class medical education to the healthcare professionals across Pakistan. Let's join hands to extend full support to the diligent faculty team and the leadership of AKU to upgrade knowledge of the physicians in Pakistan in order to help them manage diabetes better than yesterday. ””

**Khalid Qureshi - Founder**



## ABOUT COURSE & CONTENT

### Course Objectives

- Describe the pathophysiology, presentation, diagnosis of diabetes and its complications
- Evaluate the management options for adults newly diagnosed with diabetes (Type 1 or 2, gestational, or secondary diabetes)
- Understand the importance of lifestyle modifications in the prevention of diabetes and its complications
- Understand the importance of and learn effective management of obesity
- Apply national and international guidelines and evidence to the practice of diabetes care in Pakistan
- Understand the use of drugs, insulin and other management options

### Course Highlights

- Comprehensive course spanning theory, assessment and hands-on training
- 6 months online course designed to suit your busy

calendar with three days of hands on training cum contact program at Aga Khan University under the guidance of subject experts.

- Certificate from BMJ, AKU and RCP
- Worldwide acceptance of course as the course is endorsed by Royal College of Physicians
- Provide confidence by enhancing knowledge & clinical outcomes & ultimately improves patient's safety.

### Course Journey

- 2 day introductory session before the course starts, (virtual & physical both options available).
- After completion of 3 months, 3 day program at AKU.
- After completion of six months, two days program including examination\*.
- Participants will be eligible for CME hours upon completion of course\*\*.

\*criteria for appearing in final examination: completion of 50 modules and online examination

\*\* Depends upon the approval from the concerned authorities.

# CURRICULUM

## Diabetes: Global Scenario

- Step by step: diabetes in pregnancy
- Step by step: preventing diabetes in high risk patients
- The health benefits of physical activity: diabetes
- Quick tips: initiating insulin in type 2 diabetes in primary care
- Diabetes: visual loss
- Clinical pointers: Blood glucose control in type 2 diabetes
- Clinical pointers: recognising and managing acute complications of diabetes in adults
- Step by step: how to diagnose and manage type 1 diabetes in adults in primary care
- Ask the consultant: Diabetes

UNIT	Introduction to Diabetes
<b>1</b>	<ul style="list-style-type: none"><li>• Introduction and epidemiology of diabetes</li><li>• Diagnosis &amp; classification of diabetes mellitus</li><li>• Pathophysiology of diabetes</li><li>• Pathogenesis of acute &amp; long term complications</li><li>• Identification of high risk individuals</li><li>• Clinical approach to a person with diabetes</li></ul>

UNIT	Lifestyle Modification & Obesity Management
<b>2</b>	<ul style="list-style-type: none"><li>• Principles of diet in people with diabetes</li><li>• Dietary and lifestyle alterations in special situations</li><li>• Ramadan and diabetes</li><li>• Principles of physical activity in diabetes.</li><li>• Diagnosis, causes and comorbidities associated with obesity</li><li>• Management of obesity</li><li>• Non conventional lifestyle &amp; dietary interventions for diabetes &amp; obesity</li></ul>

UNIT	Pharmacological Management of Diabetes
<b>3</b>	<ul style="list-style-type: none"><li>• Evolution of pharmacotherapy of diabetes</li><li>• Conventional oral anti-diabetic drugs</li><li>• Newer anti- hyperglycaemic drugs</li><li>• Principles of insulin therapy: technique, site, dose adjustment</li><li>• Insulin delivery device including insulin pumps</li><li>• Therapeutic targets and algorithms</li><li>• Individualization of goals and choices</li><li>• Therapies at the horizon</li></ul>

UNIT	Management of Complications
<b>4</b>	<ul style="list-style-type: none"><li>• Acute complications</li><li>• Nephropathy</li><li>• Neuropathy</li><li>• Retinopathy</li><li>• Cardiovascular diseases</li><li>• Diabetic foot</li><li>• Erectile dysfunction &amp; hypogonadism</li><li>• Infectious &amp; skin diseases</li><li>• Diagnosis and management of gestational diabetes mellitus</li></ul>

# CURRICULUM

UNIT	Comorbidities in Diabetes
5	<ul style="list-style-type: none"><li>• Hypertension in patients with type 2 diabetes</li><li>• Dyslipidaemia in diabetic patients</li><li>• Diabetes in pregnancy</li><li>• Surgery in patients with diabetes</li><li>• Diabetes in renal dysfunction (kidney disease)</li><li>• Diabetes and hepatic dysfunction</li><li>• Diabetes in critical care</li><li>• Diabetes and bone health</li><li>• Diabetes in children and adolescents</li><li>• Diabetes in older people</li><li>• Thyroid disease and diabetes</li><li>• Diabetes and cancer</li><li>• Diabetes and smoking</li></ul>

UNIT	Diabetes and Special Situations
6	<ul style="list-style-type: none"><li>• Stress and diabetes.</li><li>• Sick days and travel with diabetes.</li><li>• Fasting and diabetes.</li><li>• Diabetes and insurance.</li><li>• Diabetes at workplace.</li><li>• Special consideration in diabetes &amp; patient education.</li><li>• Use of social media in the management of diabetes.</li><li>• Role of nurses / diabetic educator</li></ul>

## Patient information Content

- Pre diabetes
- Diabetes: what is it?
- Diabetes: what can I do to keep healthy ?
- Diabetes type 1
- Diabetes type 2: what treatment works
- Diabetes type 2: questions to ask your doctor
- Diabetes type 2: Should I take insulin ?
- Obesity: diet and exercise
- High cholesterol: questions to ask your doctor

## Eligibility

Minimum requirement for course intake is MBBS.  
Candidate has to be a Registered Medical Practitioner with PMC/PMDC

## Course Fee

PKR 95,000/- Inclusive of taxes.

For more details please contact :

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Kupgrade: Ms Sadia Noreen, Email: [sadia@kupgrade.com](mailto:sadia@kupgrade.com) Telephone: 021 3531 5677



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# *Certificate*

This is to certify that

**Dr.** \_\_\_\_\_

has successfully completed the **Six Months Certificate Course in Diabetes** jointly conducted  
by BMJ and Aga Khan University, Karachi from \_\_\_\_\_ to \_\_\_\_\_ and awarded the certificate on 2020.

**Dr. Kieran Walsh**  
Course Director  
London

**Dr. Mumtaz Patel**  
Vice President RCP Global

**Prof Najmul Islam**  
Course Director  
Pakistan

**BMJ**

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