

# Diabetes Clinics I

CONTINUING PROFESSIONAL DEVELOPMENT IN

# DIABETES

11 Nov 2018 and 16 Dec 2018 at New Delhi



## PROGRAM OVERVIEW

This CPD program will be 6 hours duration, will include case based presentations followed by discussions covering various aspects of clinical management of type 2 diabetes, with special focus on hyperglycaemia management. Conceptually, program will focus on improving clinical decision making and trouble-shooting relating to type 2 diabetes patients in clinical practice. The template of CPD will involve mimicking real life diabetes patients seen in day to day clinical practice. Program will begin with understanding of pathophysiological mechanisms involved causation of type 2 diabetes, and how to intervene/address these mechanisms to control blood glucose levels. This will be followed by case based presentations which will address some challenge relating to clinical decision making, and will be followed by adequate time for discussion to engage the participants in learning/decision making process. At the end of program, the participants will be better equipped to manage type 2 diabetes patients in various clinical settings – whether it is a new diagnosed diabetes, or previously known diabetes with poor control, how to initiate and intensify treatment for diabetes patients in various clinical settings, the rationale behind using various anti-diabetic agents, when and how to initiate and intensify insulin therapy, role of glucose monitoring in type 2 diabetes management, and finally how to write a good comprehensive prescription for diabetes patients.

## Learning objectives

- To enhance and update the current understanding of pathophysiological mechanisms underlying the causation of type 2 diabetes
- To improve overall diabetes management and have better patient outcomes in clinical practice by
  - » Improving understanding of rationale for using various anti-diabetes treatments
  - » Improving understanding of how to initiate treatment in newly diagnosed type 2 diabetes patients
  - » Improving understanding of how to initiate and intensify treatment in previously known uncontrolled type 2 diabetes patients
  - » Improving understanding of when to initiate insulin therapy
  - » Improving understanding of how to initiate and intensify insulin therapy
  - » Improving understanding of role of glucose monitoring in achieving control targets
- To inculcate the concept of comprehensive management of diabetes rather than managing hyperglycaemia
- To improve prescription writing for type 2 diabetes to make it more comprehensive



## SCIENTIFIC PROGRAM

9.00-9.45am	REGISTRATION PRE-TEST QUESTIONNAIRE	
Session	Topic	Speaker
9.45-10.00 am	Introduction About the Program	B M MAKKAR
10.00-11.00 am	Understanding Type 2 Diabetes- Current Concepts and Management Perspectives- (30 mins) Clinical Practice Guidelines for Hyperglycaemia Management in Type 2 Diabetes – ADA, NICE, IDF, RSSDI (15 mins) Discussion (15 mins)	B M MAKKAR R CHAWLA
11.00-11.45 am	Case study – New detected Type 2 Diabetes (10 mins) Why shall we use Metformin as first line drug? (10 mins) Is there a case for starting with combinations? If yes, what? (10 mins) Discussion (15 mins)	B M MAKKAR S JAGGI R CHAWLA
<b>11.45 am-12.00 noon</b>	<b>TEA/ Stretch Break</b>	
12.00-1.20 pm	Case study contd. – Uncontrolled on Metformin What is the next addition? (5 mins) Sulfonylurea (10 mins) GLP1/DPP4-inhibitor- which one and why? (15 mins) SGLT2 Inhibitors? (10 mins) Glitazones ? (10 mins) Alpha Glucosidase Inhibitors (10 mins) Discussion (20 mins)	B M MAKKAR  R CHAWLA S JAGGI R CHAWLA B M MAKKAR S JAGGI
<b>1.20-2.00 pm</b>	<b>LUNCH</b>	
2.00-3.30 pm	Case study contd. – Uncontrolled on 2/3 agents, what next? (5 mins) Is there a role of adding 3rd/4th agent? Yes (10 mins) No, Move on to Insulin (10 mins) Initiation and Intensification (30 mins) Monitoring the Glycaemic Control (20 mins) Discussion (15 mins)	B M MAKKAR  S JAGGI R CHAWLA B M MAKKAR  S JAGGI
3.30-4.30 pm	Case study contd.- glycemia controlled, lipids deranged, high BP (5 mins) Dyslipidemia management - What should be the target – LDL, Non-HDL, or ApoB , Agents vs LDL numbers, Validity of TG lowering, HDL raising, Pleotropic effects (20 mins) Hypertension Management - what agents and why, ACEi or ARB (20 mins) Discussion (15 mins)	B M MAKKAR R CHAWLA  S JAGGI
4.30 pm-5.15 pm	Art of Writing a Diabetes Prescription (15 mins) Post Test/Self Assessment & Feedback (15 mins) VALEDICTORY (10 mins)	B M MAKKAR

# PROGRAM FACULTY



**Dr. Brij Mohan Makkar**

MD, FIAMS, FICP, FRCP (GLASG),  
FACP (USA), FACE (USA)

Dr. Brij Mohan Makkar is Director of Diabetes and Obesity Centre at New Delhi, India, and is practicing as a Senior Diabetes & Obesity Specialist. His areas of interest are Diabetes, Obesity & Metabolic syndrome.

He is a founder member of Delhi Diabetic Forum (DDF) and has been office bearer of DDF in various capacities. He is also a member of the executive board of Diabetes India, a prestigious nationwide organization with best of the diabetes specialists in country working for the cause of diabetes in India. He is an Executive Member of the Research Society for the Study of Diabetes in India (RSSDI).

Dr. Makkar is a member by invitation to American Diabetes Association (ADA), a member of European Association for Study of Diabetes (EASD), and a member of Canadian Obesity Research Network. He is also a trainer for Staged Diabetes Management Program certified from International Diabetes Centre, Minneapolis. He has been guest faculty to a number of national & international conferences, and has a number of publications on diabetes and obesity in national and international journals and books.

Dr. Makkar is also involved in diabetes education for physician and is faculty for a number of teaching programs for doctors. He has been successfully organizing "Cleveland Clinic Advanced Certificate Course in Diabetes" - a capsule course in diabetes for doctors organized by Diabetes and Obesity Centre in collaboration with Cleveland Clinic, Ohio, USA.



**Dr. Rajeev Chawla**

MD, FRCP EDIN (UK),  
FRSSDI, FACE (USA)

Dr. Rajeev Chawla, is a Senior Diabetologist trained at Diabetes & Endocrinology Centre of Western New York and at Oxford Diabetes Centre UK. He is currently the Director of the 'North Delhi Diabetes Centre' New Delhi. In addition to being a well-known physician, Dr Chawla has continuing academic interests and is a DNB Teacher & Guide for Medicine for almost 18 years. He is also the Course Director for PHFI & IDF Certificate course in Diabetes and for a 2 years certificate course in Diabetes at North Delhi.

Dr. Chawla has been the immediate Past Chairman of RSSDI Delhi chapter, past secretary RSSDI National Body, and organizing secretary for the Annual Conference RSSDI 2006 and 2013. He currently holds the position of President Elect RSSDI, 2018.

Dr. Chawla has published more than 55 papers on micro- and macrovascular complications of diabetes, and has authored 4 books on diabetes. He has participated in various clinical research Phase II and Phase III studies as a Principal investigator.



**Dr. Shalini Jaggi**

DIP. DIABETES (UK), DIP.  
ENDOCRINOLOGY (UK),  
FELLOWSHIP IN DIABETOLOGY,  
FRCP (EDIN, GLASGOW), FRSSDI

Dr. Shalini Jaggi is a Diabetologist based in New Delhi, and currently a Consultant Diabetologist & Head at Dr. Mohan's Diabetes Specialities Centre, New Delhi. She is well-versed in all aspects of diabetes management, with Gestational Diabetes, Type 1 Diabetes and Severe Insulin Resistance being her areas of special interest. Dr. Jaggi is a member of Executive Council, RSSDI Delhi Chapter.

Dr. Jaggi has been involved in several teaching programmes for students, paramedical staff, and general physicians, and has been a member of the faculty and a speaker at various CME programmes. She is the Joint Course Director (India) for Foundation Course in Diabetes for Physicians certified by RCGP (UK) & Diabetes UK, and is also a faculty & tutor at University of South Wales, UK

She has numerous publications in various peer-reviewed medical journals and has contributed chapters to various textbooks of diabetes.



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