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Strengthening primary care for management of gestational diabetes mellitus (GDM) by International Diabetes Federation (IDF) recognised certificate course in gestational diabetes mellitus (CCGDM) in India

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Introduction: According to IDF over 24.2% of all live births are affected by hyperglycaemia during pregnancy in South East Asia with 6 million contributed by India. Identifying and optimally managing GDM can improve maternal, foetal outcomes and prevent future diabetes. However primary care physicians (PCPs) and Obstetricians/gynaecologists (OBGYs) are inadequately trained to tackle GDM. To address, Public Health foundation of India in collaboration with Dr. Mohan's Diabetes Education Academy and grant support from Johnson & Johnson Medical Companies has developed and implementing nationwide program.

Methods: The program began in 2013 and now covers 16 states, 216 districts of India. Through this, we have trained >2800 PCPs and OBGYs till date. It comprises of four modules delivered through once a month contact sessions across the country by 2 regional faculties (endocrinologist/diabetologists and OBGYs). It is accredited by South Asian Federation of Endocrine Societies. State governments of Gujarat and Madhya Pradesh under National Health Mission have adopted this model to train their medical officers.

Results: One-fourth (39%) of the trained pool are from Government sector, half of them (52%) were post-graduates with 11 years of average clinical experience. We have standardized monitoring mechanism and well-defined certification process with >90 pass percentage. Knowledge improvement of doctors was 1.6 unit score increase in pre and post-test. 92 percent of physicians said that program helped in better diagnosis, management and timely referral of GDM patients. CCGDM model is robust approach for emulation across low and middle-income countries that face shortage of PCPs/OBGYs in GDM management.

Biography

Suganthi Jaganathan has completed her BDS (2004-09) and Mater's in Public Health (2012-13). She started working with Centre for Chronic Disease Control, New Delhi as Clinical Research Officer from February 2014 until December 2014. She took charge as Program Coordinator for Certificate Course in Gestational Diabetes Mellitus (CCGDM) program with Public Health Foundation of India from January 2015 -till date to train doctors in Gestational Diabetes Mellitus Management.

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