

<b>COURSE TITLE</b>	<b>DIABETES CARE</b>
<b>COURSE CODE</b>	<b>20BN0405</b>
<b>COURSE CREDITS</b>	<b>1</b>

**Objective:**

- 1 Understand the concept of NCDs and relevant national programs.
- 2 Review the pathophysiology and clinical diagnostic criteria for diabetes.
- 3 Analyze the diabetes treatment options such as medication, diet, exercise and life style modifications.
- 4 Apply the principles and demonstrate self-management skills to achieve diabetes control
- 5 Identify onset of complications and provide means of seeking appropriate and timely help
- 6 Demonstrate understanding of recent updates in diabetes

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Understand the concept of NCDs and relevant national programs.
- 2 Review the pathophysiology and clinical diagnostic criteria for diabetes.
- 3 Analyze the diabetes treatment options such as medication, diet, exercise and life style modifications.
- 4 Apply the principles and demonstrate self-management skills to achieve diabetes control
- 5 Identify onset of complications and provide means of seeking appropriate and timely help
- 6 Demonstrate understanding of recent updates in diabetes

**Pre-requisite of course:** This module is designed to help students to develop knowledge, skill and attitude regarding Diabetes and care.

**Teaching and Examination Scheme**

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
1	0	0	50	50	0	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Introduction</b> Introduction to Diabetes as Non communicable disease burden - global & national - Review ? Diabetes risk factors, preventive measures & risk reduction measures , Role of nurse in national programs relevant to Diabetes prevention, control and care	2

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
2	<b>Pathophysiology and diagnosis of Diabetes</b> Review - structure & functions involved in key organs relating to diabetes (pancreas, liver, muscle, adipose tissue & kidney) , Relationship between blood glucose and insulin, Prediabetes condition ? Types of Diabetes - Type I & II ? Screening , Symptoms ? Diagnostic Criteria	4
3	<b>Diabetes treatment options</b> Life style modifications , Diet therapy, Exercise, Medical therapy o Oral antidiabetic agents used to treat diabetes o types, actions, side effects and contraindications Combination treatment regimen o Medication considerations in elderly o Insulin therapy - Types, regimen, preparation and administration o Recent advances in medication therapy	4
4	<b>Complications of diabetes</b> Diagnosis and management of ? Hypoglycemia ? Hyperglycemia ? Diabetic ketoacidosis , Macrovascular complications ? Diabetic retinopathy ? Diabetic nephropathy , Neuropathy ? Gestational diabetes in pregnancy	3
5	<b>Self-Management</b> Challenges of living with diabetes ? Role of self-care in diabetes management ? Effective self-management skills to attain and maintain diabetes control ? Monitoring blood glucose levels - methods to monitor diabetes control and analysis of blood glucose patterns , Nutrition therapy ? Nutritional needs of patients with diabetes ? Nutritional assessment ? Determination of body mass index (BMI), waist-to-hip ratio ? Meal planning methods ? Problems associated with diet therapy , Physical activity ? Role of exercise in diabetes management ? Components of exercise prescription ? Exercise needs assessment ? Types of exercises ? Benefits of yoga for people with diabetes ? Strategies to prevent hypoglycemia during or after exercise , Medication therapy Understanding action, side effects and contraindications ? Insulin therapy - preparation and administration ? Role of diabetes educator in education and counseling , Complication identification and seeking appropriate help	5
6	<b>Recent updates in diabetes</b> Oral health and diabetes, Managing diabetes during disasters, Recent update on treatment and care modalities, Role of diabetes educator in diabetes care, education, counseling and management	2
<b>Total Hours</b>		<b>20</b>

**Textbook :**

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL , 2022

**References:**

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

**Suggested Theory Distribution:**

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	35.00	35.00	30.00	0.00

**Instructional Method:**

- 1 LECTURE CUM DISCUSSION

**Supplementary Resources:**

- 1 NA