



PUBLIC  
HEALTH  
FOUNDATION  
OF INDIA



International  
Society of  
Hypertension



Centre for Chronic Disease Control  
WHO Collaborating Centre for  
Surveillance, Capacity building  
and Translational Research in  
Cardio-Metabolic Diseases

# CERTIFICATE COURSE IN MANAGEMENT OF HYPERTENSION

## Cycle III (May - December 2019)



## COURSE BROCHURE



Supported by an educational grant from



International  
Society of  
Hypertension

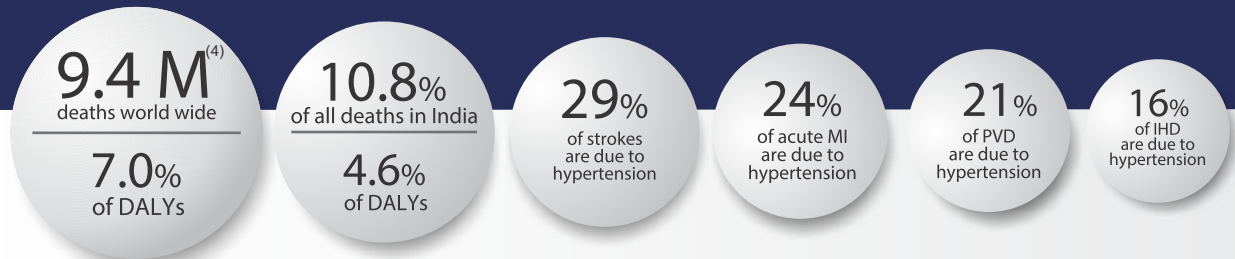
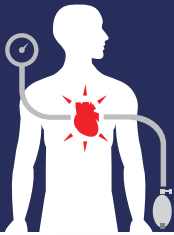


# Disease Burden-Hypertension

Hypertension is the world's leading preventable cause of death. The World Health Organization estimates that approximately 40% of people worldwide have raised blood pressure. Managing the condition and its complications entails direct costs for health systems and leads to substantial losses in productivity as a result of disability and premature mortality. Hypertension is also a significant risk factor for stroke, heart failure, coronary artery disease, diabetes and kidney disease. Not surprisingly, 55% of the 17 million annual deaths related to cardiovascular diseases (CVD) are linked to complications from raised blood pressure.<sup>1</sup>

In India, it exerts substantial public health burden on cardiovascular health status and health care system. It is estimated to account for 10.8% of all the deaths and 4.6% of DALYs in the country.<sup>2</sup> The adult hypertension prevalence has shown a drastic increase in the past three decades in urban as well as rural areas. It is estimated that 16% of ischemic heart disease, 21% of peripheral vascular disease, 24% of acute myocardial infarctions and 29% of strokes are attributed to hypertension.<sup>3</sup>

The increasing burden of hypertension necessitates key strategies and policies for its prevention. It is essential to sensitize the medical fraternity about the precipitating event appropriately and comprehensively. Certificate Course in Management of Hypertension is one such effort which aims to strengthen the technical competencies of Primary Care Physicians (PCPs) in the management of hypertension and associated complications.



## PARTNERS

The Certificate Course in Management of Hypertension (CCMH) is a joint certification program by Public Health Foundation of India (PHFI), Centre for Chronic Disease Control (CCDC), International Society of Hypertension (ISH) and British & Irish Hypertension Society (BIHS). The program is supported by an educational grant from Sun Pharma Laboratories Ltd and International Society of Hypertension.

### Public Health Foundation of India (PHFI)

The Public Health Foundation of India is a public private initiative that has collaboratively evolved through consultations with multiple constituencies including Indian and International academia, state and central governments, multi & bi-lateral agencies and civil society groups. PHFI is a response to redress the limited institutional capacity in India for strengthening training, research and policy development in the area of public health.

The 14<sup>th</sup> Prime Minister of India, launched PHFI on March 28, 2006 at New Delhi with a vision to strengthen India's public health institutional and systems capability and provide knowledge to achieve better health outcomes for all. PHFI recognizes the fact that meeting the shortfall of health professionals is imperative to a sustained and holistic response to the public health concerns in the country which in turn requires health care to be addressed not only from the scientific perspective of what works, but also from the social perspective of who needs it the most.

For more information on activities at PHFI, please visit: [www.phfi.org](http://www.phfi.org)

### Centre for Chronic Disease Control (CCDC)

Centre for Chronic Disease Control is a New Delhi based not-for-profit organization, established in December 2000. CCDC undertakes clinical research with special emphasis on chronic non-communicable diseases (NCD). Within the spectrum of chronic diseases, its main focus areas are: cardiology, diabetes and metabolic disease, vascular diseases, cancers and mental health. In addition, basic science research in diet/nutrition and cardiac biochemistry are also carried out by the organization. The research work at CCDC has produced major insights into the epidemiology, developmental origin, and biomarkers of CVD and diabetes in India; practice patterns on Acute Coronary Syndrome; translation research in CVDs; and development of low-cost combination drugs for primary and secondary prevention of CVDs in South Asia. CCDC holds recognition as a 'Centre of Excellence in Clinical Research' from the Clinical Development Service Agency (CDSA), Department of Biotechnology, Government of India. It is also a WHO Collaborating Centre for Surveillance, Capacity building and Translational Research in Cardio-Metabolic Diseases.

For more information on activities at CCDC, please visit: [www.ccdcindia.org](http://www.ccdcindia.org)

### International Society of Hypertension (ISH)

Established in 1966, the International Society of Hypertension is committed to promoting and encouraging the advancement of scientific research and knowledge and its application to the prevention and management of heart disease and stroke in hypertension and related cardiovascular diseases around the world. The Society was registered as a charity in England and Wales in December 2007. The two key aspirations of the International Society of Hypertension are to support younger members and reach out to as many countries globally as possible. A special focus is given by the ISH through its Regional Advisory Groups to teaching activities in economically disadvantaged countries in Asia, Africa, Eastern Europe and Latin America.

For more information on activities at ISH, please visit: [www.ish-world.com](http://www.ish-world.com)

### British & Irish Hypertension Society (BIHS)

The British and Irish Hypertension Society established in 1981 is a forum for professionals working in the field of hypertension and cardiovascular disease in the UK and Ireland. The Society comprises doctors, nurses and other healthcare workers specializing in the delivery of care in hypertension and allied fields, together with clinicians and scientists in the forefront of cardiovascular research. The Society provides a broad spectrum of scientific and educational activities. These include the production and regular updating of internationally renowned guidelines for the management of hypertension; an Information Service for healthcare professionals; a Validation Service for manufacturers of blood pressure monitors; coordinating collaborative research into aspects of hypertension and cardiovascular risk; and holding scientific meetings covering all aspects of research and the delivery of care related to hypertension and cardiovascular disease.

#### References:

1. World Heart Federation. Reducing Cardiovascular Mortality Through Prevention and Management of Raised Blood Pressure
2. Institute for Health Metrics and Evaluation. India high blood pressure. available from: <http://www.healthmetricsandevaluation.org/search-gbdata>, accessed on October 10, 2015.
3. Mohan S, Reddy KS, Prabhakaran D. Chronic non-communicable diseases in India-Reversing the tide. New Delhi: Public Health Foundation of India; 2011; Report; NCDs.
4. Lim SS, Vos T, Flaxman AD, Danaei G, Shibuya K, Adair-Rohani H, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factor clusters in 21 regions, 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. Lancet 2012; 380:2224-2260.

## Objectives of CCMH

The primary objective of this course is to enhance the knowledge and core competencies of primary care physicians in the management of hypertension and related complications. In addition, there are three secondary objectives:

- To develop a standard teaching protocol and module for evidence based learning on hypertension
- To build a network of primary care physicians and specialists in the field of hypertension
- To regularly update the primary care physicians with the latest advancements in the field of hypertension



## Program Overview

CCMH is a unique course in terms of evidence based learning which offers, an up-to-date curriculum with inputs from national experts and regional faculty. This is an on-the-job training conducted all across India with a robust monitoring & supervision strategy.

The first cycle of CCMH was launched on 24<sup>th</sup> July, 2016 which had received an overwhelming response with 612 participants against the targeted number of 375. The program was started in 25 centres covering 21 cities, 13 states & 1 UT. It had 25 regional faculty, 11 national experts and 28 observers. The Cycle II of CCMH included 40 centres covering 36 cities, 17 states & 1 UT with 40 regional faculty, 10 national experts and 34 observers. A total of 658 participants were enrolled in the second cycle from across the country.

CCMH has been adopted by National Health Mission (NHM) of Government of Madhya Pradesh (M.P.), Government of Meghalaya (supported by Ministry of Development of North Eastern Region (DoNER)) Government of Tripura, Government of Odisha and Kolkata Municipal Corporation to train its medical officers. The course has also been accepted internationally by PASCAR (Pan-African Society of Cardiology), Afghanistan Endocrine Society and Kabul University of Medical Sciences for training of their healthcare professionals. The CCMH initiative implemented in M.P. was selected as an innovative model at the 4<sup>th</sup> National Summit on Good, Replicable Practices in Public Healthcare Systems in India organized by NHM, Government of India held at Indore, M.P. in July 2017.

## Course Administration

The course utilizes a variety of teaching & learning techniques. The course will be offered on a modular basis with judicious mix of case studies, group discussions and contact sessions, with great flexibility to accommodate participant's queries.

Duration of the course: **8 months (May - December 2019)** with once a month contact session, conducted on designated weekends at 10 regional training centres, across India.

Language of Instruction: English

Last Date of Enrolment: **15<sup>th</sup> April, 2019**

## Certification Criteria

The criteria for successful completion of the program shall be as follows:

- Participation in at least 7 out of 8 monthly contact sessions (including the pre-test and post-test of each module)
- Completion of assigned course work (Two descriptive assignments based on completed modules given at regular intervals)
- Appearance in and clearance of final written examination in the form of 50 MCQs in an hour along with Module 8 (Participants need to secure minimum 50% marks in examination to be eligible for certificate along with the above mentioned criteria)

## Eligibility Criteria\*

MBBS with minimum 3 years of clinical experience  
or  
MD/DNB (Medicine/Internal Medicine/ Family Medicine)

\*Recommendation from the Regional Faculty is mandatory for enrolment

## Course Fee

For enrolment in the certificate program the completed application form with a Demand Draft of **INR 12,000/-** in favor of "**Public Health Foundation of India**" payable at **New Delhi**, should be submitted to the mentioned address.\*\*

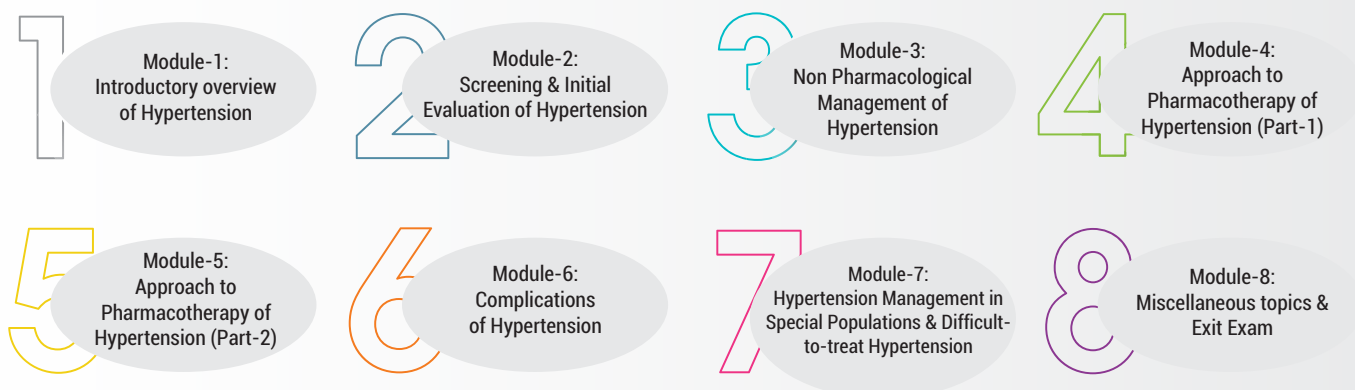
or  
Participant may submit their course fee online through NEFT (submit your application form along with supporting documents (mentioned on the last page of application form) & NEFT reference number to: ccmh@phfi.org) at below mentioned details:

**NEFT Details:** (INR 12,000/-) | Public Health Foundation of India  
Bank Account: HDFC Bank Limited  
Branch Address: 586, Green Park-H 7, New Delhi  
Account No: 50100254381662 | IFSC code: HDFC0000586  
PHFIGSTIN: 06AABAP4445L1ZE

*The candidate completing the training program successfully shall be awarded the completion certification, jointly issued by PHFI, CCDC, ISH, BIHS & the respective Regional Faculty.*

## Course Curriculum

The 'Certificate Course in Management of Hypertension' would cover the following broad content areas:



## REGIONAL TRAINING CENTRES ACROSS INDIA\*

State/ UT	City/ Centre
Delhi	Delhi
Gujarat	Ahmedabad
Karnataka	Bengaluru
Maharashtra	Nagpur
Maharashtra	Pune
Maharashtra	Thane
Maharashtra	Wardha
Tamil Nadu	Chennai
Uttar Pradesh	Lucknow
West Bengal	Kolkata

*\*The organization reserves the right to change the program locations and centers*



*Map of India not to scale*

## DOWNLOAD PHFI-CCCI APP



**For Application Forms & Program Brochure, please contact\*\***

### Program Secretariat – CCMH

Public Health Foundation of India

Plot 47, Sector 44, Institutional Area, Gurgaon-122002, Haryana, India

Tel: +91-124 4781400, Extn: 4590, 4592 | Fax: +91-124 4722971

Mobile: +91-8884837448, 7838108118 |

Email: [ccmh@phfi.org](mailto:ccmh@phfi.org) | Web: [www.ccmh.org.in](http://www.ccmh.org.in), [www.phfi.org](http://www.phfi.org)

**Disclaimer:** PHFI, CCDC, ISH & BIHS hereby declare that this jointly designed "Certificate Course in Management of Hypertension" is not a recognized medical qualification, under section 11(1) of the Indian Council Act, 1956. PHFI, CCDC, ISH & BIHS offering this course hereby declare that they are not a medical college or a university and are not offering this course in accordance with the provisions of the Indian Medical Council Act/ University Grants Commission Act. Kindly note that CCMH is not a degree but only a certificate course with the objective to train doctors in the early diagnosis, prevention and management of hypertension. Successful participants are advised not to mention/call themselves as 'Hypertension Specialists' anywhere after the completion of this course. Participants are strongly advised not to use the affix 'CCMH' adjacent to their names or in their boards/displays claiming to be hypertension specialists

<sup>^</sup>Decision taken by PHFI for selection and enrolment of participants will be final.