



PUBLIC  
HEALTH  
FOUNDATION  
OF INDIA



Leicester Diabetes Centre



Chellaram  
Diabetes Institute



# Certificate Course in Diabetic Foot Management (CCDFM)

This course is endorsed by Leicester Diabetes Centre, UK

**Course Fee**  
**INR 7,000/-\***

\* Inclusive of all taxes

## COURSE BROCHURE

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Certificate Course in  
Diabetic Foot Management

# Certificate Course in Diabetic Foot Management

Diabetic foot disease is one of the major complications of diabetes, although it remains one of the most neglected ones. This is despite diabetic foot problems being the commonest reason for hospitalization of patients with diabetes, accounting for about 30% of admissions.<sup>1</sup>

It has been estimated that amputation in people with diabetes is 20 times more common than in people without diabetes, yet almost 80% of such amputations are preventable. About a third of all patients with diabetes have significant peripheral neuropathy and/or peripheral arterial disease (PAD).<sup>2</sup>

A study in India involving more than 1,000 patients, the prevalence of peripheral neuropathy and PAD was 34.9% and 12.6% respectively. Almost 9% had a diabetic foot ulcer (DFU), 20.2% of whom required amputation. Less than a fifth of the patients followed correct foot care practices.<sup>3</sup>

The cost of treating diabetic foot disease in the USA ranged from \$9 to \$13 billion. In England, the cost of diabetic foot care in 2010-2011 was estimated at £580 m, which was almost 0.6% of the National Health Service expenditure.<sup>4</sup>

In India, the costs of treating diabetic foot disease could be catastrophic, particularly since most patients have to incur out-of-pocket expenditure. In one study, the cost of diabetes care for a patient with DFU was estimated to be four times higher than that for a patient not having a DFU.<sup>5</sup> As per another study, the cost of treating DFU in India was very high; for a complicated DFU it amounted to 127 days of average annual income, whereas for a complicated case of DFU, it was 5.7 years of average annual income.<sup>6</sup>

General practitioners and multidisciplinary support teams can play a crucial role in the prevention and management of diabetic foot problems. Several interventions can be implemented in people with diabetes for the screening and management of diabetic foot disease, many of which can be set up in primary health care facilities at low cost.

However, there are various impediments in providing the best possible care to the patients with diabetes, one of which is the lack of adequate training of physicians in diabetic foot disease.

In a study involving 125 diabetes outpatient clinics and 103 general practitioners, it was found that 72% of the patients had received foot education, but only 49% had had their feet examined in the past year. Overall, 33% of the patients declared that they never checked their feet. Importantly, patients who had received foot education and those who had had their feet examined by their physician were more likely to check their feet regularly, emphasizing the crucial role of primary care physicians.<sup>7,8</sup>

Less than ideal foot care practices in patients were also reported in a study carried out in rural subjects in North Carolina, USA.<sup>9</sup>

Considering the crucial role of primary care physicians in the prevention and management of diabetic foot disease, Chellaram Diabetes Institute (CDI) has developed an online course – “Certificate Course in Diabetic foot Management (CCDFM)”. Public Health Foundation of India (PHFI) is a collaborative partner in the course. The course has been endorsed by the Leicester Diabetes Centre, UK.

## References

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## Partner Organizations

### Chellaram Diabetes Institute (CDI)



Chellaram Diabetes Institute (CDI) is a unit of the Chellaram Foundation founded by Mr Lal L Chellaram. CDI is a not-for-profit organization based in Pune with the principal objective of creating lasting impact on Diabetes through research, education, awareness, high quality patient care and a rural outreach program. CDI is equipped with a state-of-the-art Diabetes Centre in Pune. The vision of CDI is to understand the cause of high prevalence of Diabetes among Indians, promote measures to prevent or delay the onset of Diabetes and thereby create a huge and lasting impact on Diabetes in India and also globally. Considering the crucial role of primary care physicians in the prevention and management of Diabetic Foot, Chellaram Diabetes Institute (CDI) and Public Health Foundation of India (PHFI) have developed a new online course – “Certificate Course in Diabetic foot Management (CCDFM)”.

*For more information, visit:* [www.cdiaacademy.org.in](http://www.cdiaacademy.org.in)

### Public Health Foundation of India (PHFI)



PHFI, a public private initiative was launched by the 14<sup>th</sup> Hon'ble Prime Minister of India on March 28<sup>th</sup> 2006 at New Delhi, India. Evolved through consultations of multiple constituencies, Indian as well as International academia, state and central governments etc. 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.

PHFI has adopted a broad integrative approach to public health, following up with the training of numerous Healthcare Professionals under various capacity building initiatives for healthcare professionals since 2010. Training Division at PHFI is implementing 25 capacity building initiatives for Primary Care Physicians (PCPs) and Other Healthcare Personnel across the country in the journey spanning 10 years. So far we have trained over 32,000 Healthcare professionals spread over 34 States and UTs in the country of which 10,000 are affiliated to the Government sector. 12 State Governments have adopted these initiatives which have spread to 10 other countries across South-East Asia and Africa including Ministry of Health, Government of Rwanda.

*For more information, visit:* [www.phfi.org](http://www.phfi.org)

### Leicester Diabetic Centre (LDC), UK

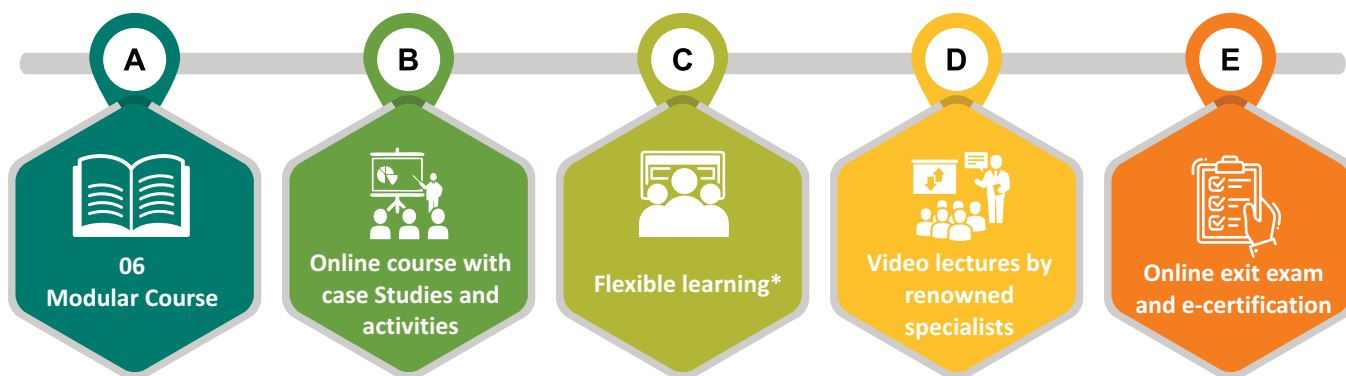


Founded in 2012, the Leicester Diabetes Centre is a unique, collaborative partnership between the NHS and the University of Leicester. Based at the Leicester General Hospital, LDC is a leading applied health research unit committed to improving the lives and care of people with diabetes and other long-term conditions.

Whilst embodying what is most innovative in a partnership between the NHS and academia, LDC believe in keeping close to local communities – valuing their input and their support for all that they do. This support has enabled the organization to impact on the care of people with diabetes not only in their own city, but also throughout the UK and overseas.

*For more information, visit:* [www.leicesterdiabetescentre.org.uk](http://www.leicesterdiabetescentre.org.uk)

## Salient Features



*\*The participant can complete the modules and assessments of the course over a period of 6 months*

## Eligibility Criteria

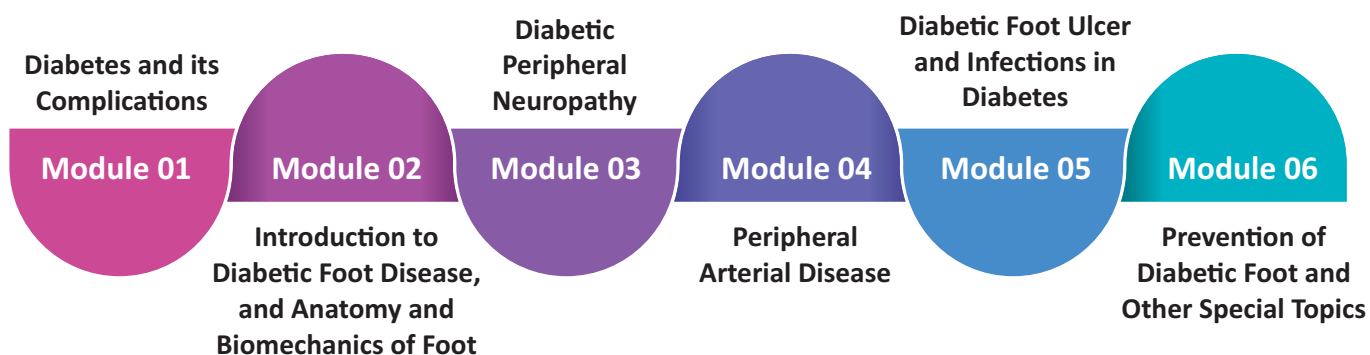
- MBBS OR Diploma/ MD/ DNB in any discipline

## Course Objectives

- To enhance knowledge, skills and core competencies of primary care physicians for diabetic foot management.
- To develop/ update a standard teaching protocol and module for evidence based learning on diabetic foot management
- To build a network of doctors in the field of prevention and management of diabetic foot disease

## Course Content

The course has been divided into six modules and is presented in video format for easy learning. There are case studies, instructive videos and activities interspersed in the modules to provide an enhanced learning experience.



## Methodology

The course evaluation includes a pre-test before the commencement of each module, and a post-test after the module, and an exit-exam at the end of the course. The online medium offers accessibility across laptop/desktop and mobile platforms, and provides flexibility to the participant to learn at their own convenient pace.

## Certification Criteria

The participant will need to complete all the course modules and clear the exit exam in order to obtain the course completion certificate, which will be generated online.

## Dr. A. G. Unnikrishnan

### MD, DM (Endocrinology), DNB, MNAMS



- Dr A. G. Unnikrishnan is an Endocrinologist and CEO of Chellaram Diabetes Institute, Pune. He heads clinical care, research, education, and also oversees a philanthropic rural diabetes care program at the Institute.
- He has published the largest multicenter study of subjects with pancreatitis and pancreatic diabetes worldwide, in addition to his other publications. He is also the former Editor-in-Chief and Founder Editor of the Journal of Thyroid Research and Practice. He is Executive Editor of the Indian Journal of Endocrinology and Metabolism. He has more than 160 publications in indexed journals.
- He has received the Subash Mukherjee Oration award of the Endocrine Society of India, and the Srivastava Award of the RSSDI (India's largest Diabetes Society) for his contribution to diabetes in India. He has also received the Jacob Memorial Prize for the best patient care awarded by the Christian Medical College, Vellore, in 1998. He received the Fellowship Award of the RSSDI in 2017, and the Dr. Sam GP Moses oration award by the Diabetes Association of India in 2018

## Dr. Rajesh Javherani

### MD (Medicine)



- Dr. Rajesh Javherani worked as a Consultant Physician and Intensivist at the Chellaram Diabetes Institute, Pune.
- He has done his MD in General Medicine and has over 20 years of clinical experience, having worked in varied settings.
- He has a number of scientific publications in indexed medical journals.

## Dr. Amrish Bidaye

### MRCS, FRCS (Trauma and Orthopedics)



- Dr. Amrish Bidaye is a Consultant Foot and Ankle Surgeon at the Chellaram Diabetes Institute, Pune, with about 10 years of clinical experience.
- He has done his MRCS (Royal College of Surgeons, Edinburgh, UK).
- He is FRCS in Trauma and Orthopedics (Royal College of Surgeons, Edinburgh, UK).
- He has done a Fellowship in Foot and Ankle Surgery from the University Hospital South Manchester, UK.

## Ms. Kavitha K. V.

### DPS, BSc (Psy), CDE, MBA (HM)



- Ms. Kavitha K. V. is a Preventive Foot Care Expert at the Chellaram Diabetes Institute, Pune.
- She has done her podiatry training from the Amrita Institute of Medical Sciences and Research Centre, Kochi
- She has about 13 years of experience in the prevention and management of diabetic foot problems.
- She has been a faculty in various international, national and state conferences, and for some of the courses developed by the Chellaram Diabetes Institute.
- She has a number of scientific publications in indexed medical journals.

## Dr. Shailesh R. Deshpande

### MD (Preventive and Social Medicine)



- Dr. Shailesh Deshpande heads the Education Department at the Chellaram Diabetes Institute, Pune. He is involved in the design and conduction of bespoke training programs for doctors, nurses and other healthcare professionals
- He has vast experience of working in the non-government sector in India on diverse community health and related issues, and has also worked with the Government of Maharashtra in the State Health Systems Resource Centre, Pune
- He has been a teacher at the B. J. Medical College, Pune and at the Symbiosis International University, Pune. He has also been visiting faculty at the Savitribai Phule Pune University and the Maharashtra University of Health Sciences.
- He has several publications in indexed journals to his credit.

## Dr. Vedavati Purandare

### MD (Medicine)



- Dr. Vedavati Purandare is a Consultant Physician and Diabetologist at Chellaram Diabetes Institute, Pune.
- She has done her MBBS and MD Medicine from B. J. Medical College, Pune. She has received the Dhirubhai Ambani Scholarship, and was awarded with the Late Mr. Vasant Bam prize for her academic performance in MBBS.
- She has a number of scientific publications in indexed medical journals.
- She is faculty for the various courses developed by the Chellaram Diabetes Institute.



### Dr. Suganthi Kumaran



#### MD (Medicine - ABIM)

- Dr. Suganthi Kumaran is a Consultant Physician at the Chellaram Diabetes Institute, Pune.
- She has done her MBBS from Madras Medical College, Chennai and her MD in Internal Medicine from Good Samaritan Hospital in Cincinnati, Ohio.
- She has over 15 years of clinical experience in various settings in the US and in India.
- She has a number of scientific publications in indexed medical journals.
- She is faculty for the various courses developed by the Chellaram Diabetes Institute.

### Dr. Shilpa Sule



#### DNB (Medicine)

- Dr. Shilpa Sule worked as a Consultant Physician at the Chellaram Diabetes Institute, Pune.
- She has done her MBBS and DNB in General Medicine, and has about 10 years of clinical experience.
- She has a number of scientific publications in indexed medical journals.

### Dr. Meenakshi Kalyan



#### DNB (Medicine)

- Dr. Meenakshi Kalyan worked as a Consultant Physician at the Chellaram Diabetes Institute, Pune.
- She has done her MD in General Medicine and a Fellowship in Diabetology from Medvarsity and Apollo Hospitals Educational and Research Foundation, Hyderabad, accredited to Royal Liverpool Academy, UK.
- She has more than 15 years of clinical experience.
- She has a number of scientific publications in indexed medical journals.



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**Disclaimer:** CDI and PHFI hereby declare that this jointly designed “Certificate Course in Diabetic Foot Management” is not a recognized medical qualification, under section 11(1) of the Indian Council Act, 1956. CDI and PHFI 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 CCDFM is not a degree or diploma but only a certificate course with the objective of training doctors in the prevention & management of Diabetic Foot. Successful participants are advised not to mention/call themselves as specialist in diabetic foot anywhere after completion of this course or use suffix “CCDFM”.