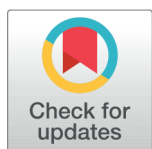


## REVIEW ARTICLE



## OPEN ACCESS

Received: 20.12.2021

Accepted: 02.01.2022

Published: 12.01.2022

**Citation:** Varma S. (2021). About Nutrition and Diabetes India - A Core Group of IAPEN India . Journal of Nutrition Research. 9(1): 4-7. <http://doi.org/10.55289/jnutres/v9i1.07>

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**Funding:** None

**Competing Interests:** None

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Published By India Association for Parenteral and Enteral Nutrition (IAPEN)

**ISSN**

Electronic: 2348-1064

## About Nutrition and Diabetes India - A Core Group of IAPEN India

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### Abstract

This review article highlights the aims, primary areas of work, interests of the core group and promotes to reach population at large to bring together similar associations, specialists, and like minded healthcare workers to come together on one platform to address the growing burden of diabetes mellitus both nationally and globally.

This article aims to reach journal's readers who are interested in the prevention and management of diabetes mellitus and also to develop stronger policies that more effectively addresses the growing burden of diabetes mellitus.

IAPEN India Association for Parenteral and Enteral Nutrition in addition to Chapters and Working Groups promotes Core Groups or Special Interest Groups, which brings together clinicians and scientists with special interest in specific areas of Clinical Nutrition and Metabolism. Core Groups of IAPEN India are voluntary groups of IAPEN India members that may be created to discuss, conduct, and report upon any question related to clinical practice, science, nutrition, education, research, courses, or other matters relevant to IAPEN Association and the Core group subject, by writing documents, position papers, guidelines, developing research or carrying out projects that help to improve the ability of IAPEN India to reach its aims. The said core group was launched in August 2020 and has already impacted more than 2000 participants and has conducted various awareness activities with help of national and international faculties and conducts the Certified Diabetes Educators course too. We have since its launch, expanded the scope of our research and training to contemplate international feasibility too.

**Keywords:** IAPEN India; Nutrition; Diabetes; Core Group; Management

### About the IAPEN INDIA Association

The IAPEN India Association for Parenteral and Enteral Nutrition is an organization in the field of parenteral and

enteral nutrition and promotes basic research, clinical research, advanced education, and organization of agreement statements about clinical care and quality control.

IAPEN India Association for Parenteral and Enteral Nutrition in addition to Chapters and Working Groups promotes Core Groups or Special Interest Groups, which brings together clinicians and scientists with special interest in specific areas of Clinical Nutrition and Metabolism. Core Groups of IAPEN India are voluntary groups of IAPEN India members that may be created to discuss, conduct, and report upon any question related to clinical practice, science, nutrition, education, research, courses, or other matters relevant to IAPEN Association and the Core group subject, by writing documents, position papers, guidelines, developing research or carrying out projects that help to improve the ability of IAPEN India to reach its aims.

## About the Core Group

Launched in August 2020, Nutrition and Diabetes, India, A core group of IAPEN INDIA is devoted to the study of Metabolic and Endocrine problems associated with diabetes and its nutritional implications and management.

The total number of population with diabetes mellitus is projected to rise from 171 million in 2000 to 366 million in 2030<sup>(1)</sup> (Wild S, et al, 2004). Estimates reflect around 72.96 million cases of diabetes in adult population of India. India is scuffling with the increasing burden of preventing as well as treating diabetes and the complications that arise from uncontrolled high blood sugars such as kidney disease/failure, amputation, blindness, and numerous other conditions. Hence evidence-based knowledge about Diabetes Mellitus and Nutrition is an integral requirement of the diabetes management teams to tackle this global burden.

Trained healthcare professionals with sound knowledge about Diabetes Mellitus and Nutrition play a vital and key role in not only aiding management but also empowering the patients with the knowledge needed to manage his/her diabetes so as to prevent complication and ensure optimal treatment outcomes towards positive health goals.

IAPEN India association for parenteral and enteral nutrition strives to promote lifelong learning and support in Advanced Clinical Nutrition and this core group will help in promoting and developing guidelines for management of patients with diabetes mellitus.

Backed with the support of eminent stalwarts and visionary clinicians, dietitians, nutritionist, certified diabetes educators like Dr V. Seshiah, Dr. A Panneerselvam, Dr Martin Kohlmeier, Dr Shilpa Varma, Ms Datta Patel, Ms Fatima Radhanpurwala, Ms Ranu Singh, Ms Sucharita Sengupta, Ms Sheetal Joshi, Ms Bansari Rao, Ms Eeshanee Gangopadhyay, Ms Shilpa Chadha Thakur, Ms Bhakti Samant to name a few this core group progressively aspires to fulfill its goals.

## Aims of the Core Group

- To assist the education and training of clinicians at all levels
- To support and motivate research & development and to promote collaborations between members' research groups
- To encourage and nurture inter-disciplinary links and collaboration between medical specialties
- To strengthen multi-professional links and collaboration between health professionals
- To advocate greater understanding of the therapies amongst patients, potential patients, and the medical professional.
- To provide contact and support group between patients and healthcare provider

Since the launch of the core group in August 2020, we have not only brought together doctors, nurses, pharmacists, dietitians, and other healthcare professionals and even students, industry as well as other charities working in the field of nutrition in diabetes mellitus but have been able to promote patient care and awareness.

The purpose of the core group is to also educate, empower & advocate evidence based medical and dietary practices. Reaching out and caring for diabetic patients is a service we are proud to provide for our community.

## The core group strives to achieve these aims through

- Provide a forum in which dietitians, nutritionists, certified diabetes educators, clinicians working in field of diabetes mellitus nutrition and therapeutic healthcare can exchange ideas and develop best / evidence-based practice
- Act as a voice of professional expertise in field of diabetes care.
- Working in partnership with key organisations, patient groups to raise the profile of the importance of good nutritional care as adjuvant to therapeutic care.
- Support the development of resources for use by its members, patients, and other healthcare professionals.
- Promote technology driven diabetes care, education, and support
- Integrating metabolic and related conditions
- Support the amalgamation of diabetes prevention, clinical management, self-management education, and community support.
- Advocating for person-centered care
- Evidence is the core of our science and practice.
- Fostering excellence in diabetes prevention and diabetes self-management, education, and support to be attainable to all individuals.

- Actively supporting dietitians to enhance knowledge and skills of clinical nutrition and nutrition support through the educational events, workshops, virtual events, and knowledge enhancing courses, competitions, and publications.

### What we do and promote to do

- Promote excellence in nutritional care for diabetic patients by promoting an increased awareness related to diabetes mellitus and its consequences.
- Foster education and support for healthcare professionals by
- Providing opportunities and activities for members to meet together, for the purpose of discussing matters of common interest concerning disease related to diabetes mellitus.
- Contribute to local and national guidelines as well as policy development in diabetes care and nutrition.
- Promote the role of the Certified Diabetes Educator within a multi-disciplinary nutrition support diabetes care team.

### Some areas of interest for the core group are

- Importance of Behavioral and Psychological effects in long term adherence to treatment
- Diabetes & Cardiovascular Disease
- Diabetes In Primary Care
- Diabetes In Pediatric Age Group
- Diabetes in Young Adults
- Diabetes Self-Management Education & Support
- Diabetes Technology
- Exercise Physiology
- Obesity
- Metabolic Syndrome
- Gestational Diabetes
- PCOS
- Eye Health
- Foot Care
- Sick day Management
- Complications of diabetes mellitus-both short term and long term
- Functional foods and Nutraceuticals
- Public Health & Epidemiology

We understand that the person with, affected by or at risk for diabetes is at the center of the diabetes care team. We are committed to driving optimal outcomes through the integration of diabetes clinical management, education, prevention, and support. The diabetes care and education experts are a crucial member of the diabetes care team. Diabetes self-management education and support must evolve through innovation to reach its significance. With the aims to create a skilled team of healthcare professionals and

diabetic educators, IAPEN India also launched its Certified Diabetes Educators Course.

Medical nutrition therapy (MNT) is important in preventing diabetes as well as managing existing diabetes thereby preventing or at least slowing the rate of development of complications related to diabetes mellitus. Nutrition therapy therefore is important at all levels of prevention as well as supportive management of diabetes mellitus. MNT is also an integral component of diabetes self-management training and education. Diabetes and Nutrition support is a specialized practice that requires the expertise dietitians, nutritionists, certified diabetes educators and support of multiple health-care professionals including physicians, pharmacists, physician assistants, nurses that patient management can be primed. Diabetes Educators Course will be certified by IAPEN India.

About the course- Certificate Course in Diabetes Care and Education provides an intensive, evidence- based, self-paced learning program which provides practitioners the latest information on implementing nutrition care in the Diabetes Care hospitals and clinics. The Course is assisted by the core group of The IAPEN India Association for Parenteral and Enteral Nutrition and experienced clinicians, clinical nutritionists, dietitians, certified diabetes educators from across the country. The course aims to provide a balance of basic information, current research and practical information of diabetes and nutrition.

**NUTRITION & DIABETES INDIA**  
A CORE GROUP OF IAPEN INDIA

**IAPEN INDIA ASSOCIATION**  
Parenteral and Enteral Nutrition

**Six Months  
Certificate course in Diabetes care  
and education**  
(Online / Distance learning)

<b>Course Details:</b> <ul style="list-style-type: none"> <li>• Modules: 4</li> <li>• Distance mode /online</li> <li>• Application based learning system</li> </ul>	<b>Course Includes:</b> <ul style="list-style-type: none"> <li>• Project work</li> <li>• Manuscript preparation</li> <li>• Journal Submission</li> <li>• Online Examination</li> </ul>	<b>Course Modules:</b> <ul style="list-style-type: none"> <li>• Introduction to Diabetes</li> <li>• Diabetes Education</li> <li>• Diabetes Management</li> <li>• Diabetes Life cycle</li> </ul>
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**Course fees:**  
 INR 12650/- + 18% GST (For Non IAPEN members)  
 INR 11650/- + 18% GST (For IAPEN Members)

**Eligibility:** Graduate in Nutrition or Nursing (Bsc and above), Pharmacist (B Pharm or above), Bachelors of physiotherapy, occupational therapy, Doctors, Nutrition Graduates.

Mail Id- [iapendiabetes@gmail.com](mailto:iapendiabetes@gmail.com)

The goal is making patients with diabetes mellitus as well as health care providers aware of beneficial nutrition interventions in diabetes mellitus care. Since its launch, the Core Group has already impacted more than 2000 participants and has conducted various awareness activities with help of national and international faculties and conducts the Certified Diabetes Educators course too. We have since its launch, expanded the scope of our research and training to contemplate international feasibility too.

TO BE A MEMBER OF THIS CORE GROUP, one needs to first be a member of IAPEN India, and they need to mail a request for same at [membership@iapenindia.org](mailto:membership@iapenindia.org)

Any queries related to Certified Diabetes Educators Course or related to core group can be mailed at [iapendiabetes@gmail.com](mailto:iapendiabetes@gmail.com)

The core group invites healthcare professionals providing care for patients with diabetes mellitus to join hands to

address the surmounting burden of diabetes in India as well as globally.

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