

# **Report of the National Level Training Workshop on Guidelines for Health Professionals on Prevention and Management of Cardiovascular diseases and Diabetes under the National Program on Prevention and Control of Diabetes, Cardiovascular Disease and Stroke held on 25-26th November 2008 at New Delhi**

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## **Initiative for Cardiovascular Health Research in Developing Countries (IC- Health)**

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### **Background**

Non-communicable diseases (NCDs) such as cardiovascular diseases, cancer, diabetes and stroke have emerged as a major public health challenge in India. They threaten lives and health of millions of people as well as economic and social development. It is estimated that in 2005, NCDs accounted for 53% of all deaths in India and among NCDs, cardiovascular disease (CVD) account for 29% of all deaths (WHO).

Keeping the chronic disease burden in mind, National Programme for diabetes (DM), CVD and Stroke (NPDCS) has been launched in 10 pilot districts in ten states. Currently the health systems lacks evidence based guidelines for the prevention and management of CVDs and diabetes at various level of care. Further, the manpower is inadequately trained to deliver chronic care. In order to address these capacity deficiencies the Government of India and WHO-India assigned the task of synthesizing the guidelines for the prevention and management of CVDs and DM to IC-Health. In relation to this IC-Health organized a two day workshop in collaboration with Ministry of Health and Family Welfare (MOHFW)/ Director General of Health Services (DGHS) and WHO-India to finalize the guidelines and develop methodology and content of training for health care professionals.

### **Objectives of the workshop were:**

The objectives of the workshop were as follows:

1. To finalize the guidelines on prevention and management of diabetes and cardiovascular diseases for the health care professionals under the National Program on Prevention and Control of Diabetes, Cardiovascular diseases and Stroke (NPDCS).
2. To formulate a common training strategy / methodology for cardiovascular diseases and stroke under the NPDCS.
3. To train the State level and Program Officers and Program managers on evidence based guidelines on prevention and management of diabetes and CVDs

### **Methods and approaches used and description of the activities:**

IC-Health organized a two day workshop (25-26 November 2008) at the Institute for Studies in Industrial Development (ISID) New Delhi. We invited technical experts (Cardiologist, Diabetologists and Public Health Experts), representatives of MOHFW and WHO-India and the State and district level functionaries of NPDCS to the Workshop. During the workshop the guidelines were finalized and training sessions were organised for the state nodal officers, district nodal officers, representatives of State Institute of Health and Family Welfare (SIHFW) on the modalities of prevention and treatment of cardiovascular diseases, stroke and diabetes at primary and secondary care settings. These master trainers were intended to train health personnel in their respective states who would be going out subsequently, at the field level to train health workers and stakeholders.

### **Participants:**

A total of twenty eight (excluding the faculty, WHO and MOHFW functionaries, and technical experts) from various states participated in the training workshop.

- a) Andhra Pradesh – 1
- b) Assam – 5
- c) Gujarat – 2
- d) Karnataka – 1
- e) Kerala – 2
- f) Madhya Pradesh – 3
- g) Punjab – 4
- h) Rajasthan – 2
- i) Sikkim – 1
- j) Tamil Nadu – 6
- k) West Bengal – 1

**The representatives from the MPHFW, WHO-India and DGHS were:**

- a) Dr. R.K. Srivastava - Director General of Health Services, MOHFW, New Delhi
- b) Dr. Shiv Lal - Special Director General & Director NICD, MOHFW, New Delhi
- c) Dr. D C Jain - DDG(LME), MOHFW, New Delhi
- d) Mr. Vineet Chawdhry - Joint Secretary, MOHFW, New Delhi
- e) Dr. Sudhir Gupta, CMO (NCD), New Delhi
- f) Mr. R.L.Chongthu, Deputy Secretary, MOHFW, New Delhi
- g) Dr. Bela Shah. Senior Deputy Director General, ICMR, New Delhi
- h) Dr. Prashant Mathur, Division of NCD, ICMR, New Delhi
- i) Dr.W.D.Bhutia, Dte.GHS, MOHFW, New Delhi
- j) Dr. Sitanshu Sekhar Kar, Cluster Assistant, WHO India Country Office, New Delhi

**Technical Experts**

Technical Experts who participated in the Workshop were:

- a) Prof. K. Srinath Reddy – President, PHFI, New Delhi
- b) Dr D Prabhakaran (Director CCDC and Adjunct Professor PHFI)
- c) Dr. Nikhil Tandon (Professor of Endocrinology & Metabolism), AIIMS
- d) Dr. V Padma (Department of Neurology), AIIMS
- e) Dr Ambuj Roy (Asst Professor of Cardiology), AIIMS
- f) Dr. Anand Krishnan (Associate Professor, Centre for Community Medicine), AIIMS
- g) Dr Baridalyne N, (Centre for Community Medicine), AIIMS
- h) Dr. Ritvik (AIIMS)

Guidelines were vetted by the following experts:

- a) Dr. D Prabhakaran(Executive Director IC-HEALTH and Professor of Chronic Disease Epidemiology, PHFI)
- b) Prof. Nikhil Tandon (Professor of Endocrinology & Metabolism, AIIMS),
- c) Dr. M V Padma (Additional Professor, Department of Neurology, AIIMS),
- d) Dr Ambuj Roy (Asst Professor of Cardiology, AIIMS)
- e) Dr. Anand Krishnan (Associate Professor, Centre for Community Medicine, AIIMS),
- f) Dr Baridalyne N, (Centre for Community Medicinem AIIMS),
- g) Dr. Ritvik (AIIMS)
- h) Dr Shifalika Goenka (CCDC)
- i) Dr. Ajay V S, Senior Research Fellow, CCDC, New Delhi