



SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
NURSING SCIENCE
AND RESEARCH**



COURSE

**DIABETIC CARE
AND ITS
PREVENTION
(NV11011)**

**VALUE ADDED
COURSE BROCHURE-30 HRS
2024-25**

ABOUT THE UNIVERSITY

Sharda University over the years has become one of the leading centres of education, research and innovation in Delhi NCR region. Established through an act of the State Legislature of Uttar Pradesh (14 of 2009), Sharda University offers over 130+ UGC recognised programmes in various disciplines. Sharda University has recently been accredited A+ by NAAC which puts it among 5% of select higher education institutions in India.

ABOUT SCHOOL

Sharda School of Nursing Science and Research was established in 2008 with an aim of developing top Nursing professionals. The Sharda School of Nursing Science & Research has evolved into one of the leading Nursing School in Delhi NCR. The school is committed to provide a transformative learning experience in a collaborative and diverse environment. The school's advanced learning equipment; focus on research and hi-tech laboratories give students a feel of practical and immersive education. Students have access to medical facilities within the campus as university has a world class 1200+ bedded NABH accredited multispecialty hospital with all modern medical facilities. Sharda Hospital is a well-equipped, multispecialty hospital with modern facilities situated in pollution free environment and easily accessible from Delhi international airport and city of Delhi.

ABOUT COURSE

This programme is organized for the Bachelor of Science (Nursing) and Post Basic BSc. (Nursing) students which is beneficial for them in gaining knowledge on the subject **Diabetic care and its prevention**. A course designed to make the student aware of diabetes, its early diagnosis, pathophysiology, causes, management and prevention. Globally, diabetes affects 537 million people, making it the deadliest and the most common non-communicable disease. Many factors can cause a person to get affected by diabetes, like excessive body weight, abnormal cholesterol level, family history, physical inactivity, bad food habit etc. Increased urination is one of the most common symptoms of this disease. People with diabetes for a long time can get several complications like heart disorder, kidney disease, nerve damage, diabetic retinopathy etc. But its risk can be reduced if it is predicted early. Early and accurate diagnosis of diabetes mellitus, especially during its initial development, is challenging for medical professionals.

RESOURCE PERSONS

Ms. Pinki Das

Ms. Pinki Das is presently working as an Associate Professor in Psychiatric Nursing Department, Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has more than 10 years of teaching experience. She has been awarded by Chaudhary Charan Singh University Meerut for her excellent contribution on Higher Education. She has contributed in many research publications.

Ms. Joyce Prabhudas

Ms. Joyce is currently working as an Assistant professor, at Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has more than 6 years of teaching and clinical experience in nursing. She has published several papers in reputed journals. She is the nodal officer under mission Niramaya started by the UP Government.

Ms. Anam Mohamed Saleem

Ms. Anam is currently working as an Assistant professor, at Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has more than 6 years of teaching and clinical experience in nursing. She has published several papers in reputed journals. She is the nodal officer under mission Niramaya started by the UP Government and has worked for criteria 7 of NAAC.

Dr. Sonal Chand

Dr. Sonal Chand is presently working as an Assistant Professor in Psychiatric Nursing Department, Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has more than 5 years of work experience. She has attended many training programmes like NSSK and BLS training, IUCD and PPIUCD training and Skilled birth attendance training programmes.

Ms. Hoihkim Thomte

Ms. Hoihkim Thomte is working as a senior tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has done her specialization in Psychiatric Nursing, and having more than 5 years of teaching and clinical experience. She has publications in many international journals and is a resource person in many conferences.

Ms. Nongmeikapam Helena

Ms. Helena is working as an assistant professor in Child Health Nursing Department, at Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has more than 4 years of teaching experience in nursing. She has published copyrights, book chapters and research papers in Scopus as well as other indexed journals.

Ms. Soumya Rajeshwari

Ms. Soumya is presently working as a senior tutor in Community Health Nursing Department, Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has worked as a nurse mentor in YUVAA Project, Program Manager- Health & Nutrition at Bal Umang Drishya Sanstha and has an experience of more than 4 years in the field of nursing. She has also contributed in research papers and journals.

Ms. Nikita Jethi

Ms. Nikita Jethi is working as a senior tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, with her expertise in Child Health Nursing Department. She has more than 4 years of experience in clinical and teaching field. She has organised and participated in many national and international level conferences.

Ms. Sandhya Kumari

Ms. Sandhya is working as a senior tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She is specialized in Obstetrics and Gynaecology Nursing, and is having more than 4 years of teaching and clinical experience. She has published paper in Indian Journal of Applied Research.

Ms. Ankita Chhikara

Ms. Ankita is working as a senior tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida. She has done her specialization in Medical Surgical Nursing, and having more than 2 years of teaching and clinical experience. She is in charge for Section III under Mission Niramaya.

COURSE SCHEDULE

DATE	WEEK	TIME	TOPIC	RESOURCE PERSON
10/02/25-14/02/25	1 st Week	1hr	Introduction to Diabetes as Non communicable disease burden - global & national - Review	Ms. Sandhya (BSc. Nursing) / Ms. Kim (Post Basic BSc. Nursing)
		2hr	Diabetes risk factors, preventive measures & risk reduction measures	Ms. Sandhya (BSc. Nursing) / Ms. Kim (Post Basic BSc. Nursing)
		2hr	Role of nurse in national programs relevant to Diabetes prevention, control and care	Ms. Sandhya (BSc. Nursing) / Ms. Kim (Post Basic BSc. Nursing)
			Pathophysiology and diagnosis of Diabetes	
17/02/25-21/02/25	2 nd Week	3hr	Review - structure & functions involved in key organs relating to diabetes (pancreas, liver, muscle, adipose tissue & kidney)	Ms. Joyce (BSc. Nursing) / Ms. Ankita (Post Basic BSc. Nursing)
24/02/25-28/02/25	3 rd Week	2hr	Relationship between blood glucose and insulin, Prediabetes condition	Ms. Joyce (BSc. Nursing) / Ms. Ankita (Post Basic BSc. Nursing)
		2hr	Types of Diabetes - Type I & II, Screening, Symptoms, Diagnostic Criteria	Ms. Joyce (BSc. Nursing) / Ms. Ankita (Post Basic BSc. Nursing)
			Diabetes treatment options	
03/03/25-08/03/25	4 th Week	1hr	Life style modifications	Ms. Anam (BSc. Nursing) / Ms. Helena (Post Basic BSc. Nursing)
		1hr	Diet therapy & Exercise	Ms. Anam (BSc. Nursing) / Ms. Helena (Post Basic BSc. Nursing)
10/03/25-14/03/25	5 th Week	3hr	Medical therapy & their recent advances in medication therapy	Ms. Anam (BSc. Nursing) / Ms. Helena (Post Basic BSc. Nursing)
			Complications of diabetes diagnosis and management	
17/03/25-22/03/25	6 th Week	2hr	Hypoglycaemia, Hyperglycaemia, Diabetic ketoacidosis	Ms. Pinki (BSc. Nursing) / Ms. Somya (Post Basic BSc. Nursing)
		1hr	Macrovascular complications, Diabetic retinopathy, Diabetic nephropathy, Neuropathy	Ms. Pinki (BSc. Nursing) / Ms. Somya (Post Basic BSc. Nursing)
		1hr	Gestational diabetes in pregnancy	Ms. Anam (BSc. Nursing) / Ms. Helena (Post Basic BSc. Nursing)
			Self-Management	
24/03/25-28/03/25	7 th Week	2hr	Challenges of living with diabetes, Role of self-care in diabetes Management, Effective self-management skills, Monitoring blood glucose levels -methods to monitor diabetes control and analysis of blood glucose patterns, Oral health and diabetes, Managing diabetes during disasters	Ms. Nikita (BSc. Nursing) / Dr. Sonal (Post Basic BSc. Nursing)
		2hr	Nutrition therapy: Nutritional needs of patients, Nutritional assessment, Determination of body mass index (BMI), waist-to-hip ratio, Meal planning methods, Problems associated with diet Therapy	Ms. Nikita (BSc. Nursing) / Dr. Sonal (Post Basic BSc. Nursing)
31/03/25	8 th Week	3hr	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 and Role of diabetes educator in education and counseling, Role of diabetes educator in diabetes care, education,counseling and management and their complementary therapies, Recent update on treatment and care modalities	Ms. Nikita (BSc. Nursing) / Dr. Sonal (Post Basic BSc. Nursing)
		1hr	Quiz, assignment	

School: SSNSR Programme: UG Branch: Nursing Sciences		Batch : 2022 - 2026 Current Academic Year: 2024-2025 Semester / Annual: Bachelor of Science (Nursing) and Post Basic BSc. (Nursing) students	
1. Course Code	NV11011		
2. Course Title	Diabetic Care & Its Prevention		
3. Credits	Audit Course		
4. Contact Hours (L-T-P)	30 Hours		
Course Type	Value added course		
5. Course Objective	This course is designed to help students to develop knowledge, skill and attitude regarding diabetes care and its prevention.		
6. Course Outcomes	<p>CO1: The student will be able to understand the concept of NCDs and relevant national programs.</p> <p>CO2: The student will be able to understand the pathophysiology and clinical diagnostic evaluation for diabetes.</p> <p>CO3: The student will be able to analyze the diabetes treatment options such as medication, diet, exercise and life style modifications.</p> <p>CO4: The student will be able to apply the principles and demonstrate self-management skills to achieve diabetes control.</p> <p>CO5: The student will be able to identify onset of complications and provide means of seeking appropriate and timely help.</p> <p>CO6: The student will be able to demonstrate understanding of recent updates in diabetes.</p>		
7. Course Description	A course designed to help students to develop knowledge, skill and attitude in various aspects of diabetes management, including understanding the different types of diabetes and their characteristics, the critical role of nutrition counselling in blood sugar management, lifestyle modifications to reduce the impact of diabetes, medical treatments for diabetes, safe insulin administration, effective blood glucose monitoring techniques, and strategies for early complication detection and long-term health improvement.		
8. Outline syllabus			CO Mapping
Unit 1	Introduction		
A	Introduction to Diabetes as Non communicable disease burden - global & national - Review		CO1
B	Diabetes risk factors, preventive measures & risk reduction measures		CO2
C	Role of nurse in national programs relevant to Diabetes prevention, control and car		CO1
Unit 2	Pathophysiology and diagnosis of Diabetes		
A	Review - structure & functions involved in key organs relating to diabetes (pancreas, liver, muscle, adipose tissue & kidney)		CO2
B	Relationship between blood glucose and insulin, Prediabetes condition		CO2
C	Types of Diabetes - Type I & II, Screening, Symptoms, Diagnostic Criteria		CO2
Unit 3	Diabetes treatment options		
A	Life style modifications		CO3
B	Diet therapy & Exercise		CO3
C	Medical therapy & their recent advances in medication therapy		CO6
Unit 4	Complications of diabetes diagnosis and management		
A	Hypoglycemia, Hyperglycemia, Diabetic ketoacidosis		CO5
B	Macrovascular complications, Diabetic retinopathy, Diabetic nephropathy, Neuropathy		CO5
C	Gestational diabetes in pregnancy		CO5
Unit 5	Self-Management		
A	Challenges of living with diabetes, Role of self-care in diabetes Management, Effective self-management skills, Monitoring blood glucose levels -methods to monitor diabetes control and analysis of blood glucose patterns, Oral health and diabetes, Managing diabetes during disasters		CO4
B	Nutrition therapy: Nutritional needs of patients, Nutritional assessment, Determination of body mass index (BMI), waist-to-hip ratio, Meal planning methods, Problems associated with diet therapy		CO6
C	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 and Role of diabetes educator in education and counseling, Role of diabetes educator in diabetes care, education, counseling and management and their complementary therapies, Recent update on treatment and care modalities		CO4
Mode of examination	Quiz , Assignments		