

SHORT COURSE (COHORT 1)

Integrated Management of Risk Factors of Non-Communicable Diseases in Primary Care Practice

#projectindrani

Course Starts on 29.03.22

Course Highlights

Evidence-based modules on:

- Tobacco and alcohol cessation
- Counselling on exercise and healthy diet
- Stress management

Course Structure:

- Moodle based course in blended mode
- 10 hours duration spread over 3 days in the evening
- Lectures, expert interactions, hands-on training, assignments

Eligibility: 2nd and 3rd year Junior residents of Community Medicine

Seats: 20 (first come first served; Maximum 5 candidates per state/ union territory)

To register, click link: <https://forms.gle/2hgyVC2Tff9dPPri9>

Last date for registration: 27.03.22

Course coordinator: Dr Rivu Basu, West Bengal

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Course details: <https://thegridcouncil.org/courses-%26-workshops>

Sessions

Total interactions proposed: 4 sessions spread over 1 week

Day	Duration in minutes	Topic
1	60	<ul style="list-style-type: none">• Orientation to module• Introduction to integrated management• Consultation Models• Risk Scoring• Stress management
2	60	<ul style="list-style-type: none">• Tobacco Cessation• Alcohol cessation
3	60	<ul style="list-style-type: none">• Dietary modification• Exercise
4	60	<ul style="list-style-type: none">• Role play• Feedback• Reflection

Pre-test assessment

Interaction Session 1

Learning Objective:

At the end of the session the learner should be able to:

- a. Discuss the importance of Integrated Management of Risk Factors in the management of NCDs
- b. Describe the steps of consultation by Calgary Cambridge model
- c. Assess risk of common NCDs with standard tools
- d. Assess stress and advise accordingly

Lesson Plan:

Orientation to Module (10 minutes)

Learning objective	Time (in minutes)	Teaching Learning method and methods of engagement	Assessment
Discuss the importance of Integrated Management of Risk Factors in the management of NCDs	10	Discussion on paper 1 and 2 as studied Link to further studies	Quiz SAQ
Describe the steps of consultation by Calgary Cambridge model	20	Demonstrate videos and steps with materials	OSCE
Assess risk of common NCDs with standard tools	20	Demonstration	Case study
Assess stress and advise accordingly	10	Lecture Use a tool	

Assignment:

2 Case studies on Risk assessment with 5 questions each

Interaction Session 2

Learning Objective:

At the end of the session the learner should be able to

- a. Explain the Transtheoretical Model for Change
- b. Describe the steps of the 5A 5R approach of tobacco cessation
- c. Identify alcohol misuse and take necessary actions

Lesson Plan

Learning objective	Time (in minutes)	Teaching Learning method and methods of engagement	Assessment
Explain the Transtheoretical Model for Change	10	Lecture	Quiz
Describe the steps of the 5A 5R approach of tobacco cessation	40	Lecture Assessment with Fragenstorm Questionnaire Demonstration with videos	Case study
Identify alcohol misuse and take necessary actions	20	Lecture Demonstrate with AUDIT C and CAGE	Case study

Assignment

2 Case studies on integrated risk management with 5 questions each

Interaction Session 3

Learning Objective:

At the end of the session the learner should be able to

- a. Assess unhealthy dietary habits in a person
- b. Assess the amount of physical activity and advise accordingly

Lesson Plan

Learning objective	Time (in minutes)	Teaching Learning method and methods of engagement	Assessment
Assess unhealthy dietary habits in a person	30	Lecture Use 24 hour recall by checklist	Case Study
Assess the amount of physical activity and advise accordingly	30	Lecture	Case Study

Assignment: Quiz

Interaction Session 4 Assessment OSVE

Output:

- Gain in knowledge on integrated NCD risk management
- Skills: NCD risk assessment and action; coaching/ motivational interviewing/ counselling
- Certificate

Criteria for successful course completion:

- 100% full-length attendance in all the 4 sessions
- Completion of mandatory reading and course initiation