

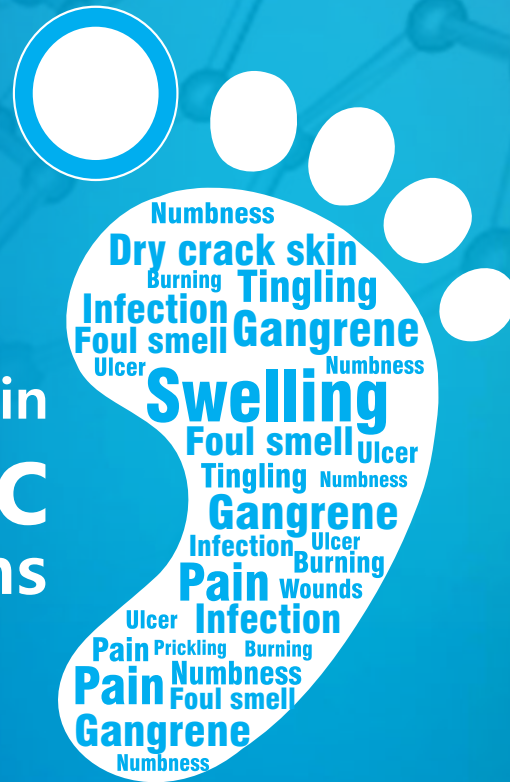


CME FOUNDATION OF INDIA

 28<sup>th</sup> July, 2024

 Department of Endocrinology, PGIMER,  
Chandigarh

# New Learnings in Diabetic Complications



Registration Link  <https://newlearningsindiabeticcomplicationschandigarh.cmefi.co.in/register>

# Introducing

**The Novel Triple Combination**

In Uncontrolled T2DM

&  
**Gemer Dapa XR**

Dapagliflozin 10mg + Glimepiride 1mg/2mg + Metformin 500mg/1000mg XR

**For Gluco-Cardio-Reno Protection**



## CME Objectives

1. To enhance participating physicians understanding of advanced diabetes management, including its complications, with a specific focus on diabetic foot complications.
2. To provide physicians with hands-on experience in diabetic foot assessment and wound dressing techniques.
3. To facilitate a platform for knowledge sharing and collaboration among healthcare professionals in Chandigarh.
4. To improve the quality of care provided to patients with diabetes and diabetic foot complications.

## CME Overview

The "New Learnings in Diabetic Complications" is a comprehensive one-day CME workshop designed to equip consulting physicians in Chandigarh with the latest knowledge and practical skills necessary for the management of advanced diabetes and diabetic foot complications. This workshop combines expert lectures and hands-on workshops to provide a holistic learning experience.

## Learning Objectives

**By the end of the workshop, participants will be able to:**

1. Recognize and diagnose advanced diabetes and its associated complications.
2. Understand the principles of diabetic foot assessment, including neuropathy, vascular issues, and ulceration risk.
3. Acquire proficiency in wound dressing techniques for diabetic foot ulcers.
4. Implement best practices in diabetic foot care, including prevention and treatment strategies.
5. Collaborate effectively with multidisciplinary teams to optimize patient outcomes.
6. Stay updated on the latest advancements in diabetes management and foot care.

# AGENDA

Topic : **“New Learnings in Diabetic Complications”**  
 Date : **28<sup>th</sup> July, 2024**  
 Venue : **Department of Endocrinology, PGIMER, Chandigarh**  
 Faculty : **Dr. Ashu Rastogi**  
           **Dr. Vikas Kakkar**  
           **Dr. Bharat Kotru**  
 Co-Faculty : **Dr. Ishita Laroiya, Prof. Sanjay Bhadada**  
               **Prof. Sunil Gaba**

Time	Topics	Speakers
08.30 am to 09.25 am	Registration	
09:25 am to 09:30 am	Introduction and Lamp Lightening	Prof. Sanjay Bhadada
09.30 am to 10.10 am	Introduction – Anatomy of Foot and Epidemiology of foot complications in Diabetes	Dr. Ishita Laroiya
10.10 am to 10.50am	Assessment of Foot in Diabetes: Recognize what is wrong!	Dr. Ashu Rastogi
10.50 am to 11.05 am	Coffee	
11.05 am to 11.45 am	Preventive Surgeries for Diabetic Foot	Dr. Vikas Kakkar
11.45 am to 12.30 pm	Diabetic Foot Infections: Recognizing & Managing	Dr. Ashu Rastogi
12.30 pm to 01.00 pm	Offloading in Diabetes: Principles to Practice of Customised Footwear	Dr. Bharat Kotru
01.00 pm to 01.30 pm	Q & A Session	
01.30 pm to 02.00 pm	Lunch	
02.00 pm to 02.45 pm	Wound Cover: How to achieve?	Dr. Vikas Kakkar
02.45 pm to 03.45 pm	Workshops divided into 2 groups:	
	Group A ( Neuro-vascular assessment)	Dr. Ashu Rastogi & Dr. Bharat Kotru
	Group B (Callus - Nail - ulcer debridement)	Dr. Vikas Kakkar & Dr. Bharat Kotru
03.45 pm to 04.15 pm	Charcot Foot in Diabetes: What you should know!	Dr. Ashu Rastogi
04: 15 pm to 05:00 pm	Newer wound care dressings and Modalities	Prof. Sunil Gaba
05:00 pm to 05.15 pm	Quiz - What we learnt today	Dr. Vikas Kakkar & Dr. Bharat Kotru
05.15 pm to 05.30 pm	Vote of Thanks	

### **Introduction – Anatomy of Foot and Epidemiology of foot complications in Diabetes**

1

This topic will cover the anatomical structure of the foot and the epidemiology of foot complications in diabetes. It will discuss the prevalence and risk factors associated with diabetic foot conditions, providing a foundational understanding of how anatomical and pathological factors contribute to the development and progression of foot complications in diabetic patients.

### **Assessment of Foot in Diabetes: Recognize what is wrong!**

2

This topic will cover the methods and techniques for assessing the foot in diabetic patients. It will discuss how to identify abnormalities, detect early signs of complications, and understand the clinical significance of various findings. The session aims to equip healthcare providers with the skills to perform thorough foot examinations and recognize issues promptly to prevent severe diabetic foot complications.

### **Preventive Surgeries for Diabetic Foot**

3

This topic will cover the various surgical interventions designed to prevent diabetic foot complications. It will discuss the indications for preventive surgeries, the types of procedures available, and their role in reducing the risk of ulcers, infections, and amputations.

### **Diabetic Foot Infections: Recognizing & Managing**

4

This topic will cover the identification and management of infections in diabetic foot patients. It will discuss the signs and symptoms of foot infections, diagnostic techniques, and treatment protocols.

### **Offloading in Diabetes: Principles to Practice of Customised Footwear**

5

This topic will cover the principles and practical application of offloading techniques in diabetes, focusing on customized footwear. It will discuss how to reduce pressure on vulnerable foot areas and use customized footwear to prevent ulcers and promote healing.

### **Wound Cover: How to Achieve?**

6

This topic focuses on practical strategies for achieving effective wound coverage in diabetic foot care. It includes discussions on dressing selection, wound care principles, and surgical interventions aimed at promoting healing and preventing complications, emphasizing best practices for optimal outcomes.

### **Workshops divided into 2 groups:**

7

**Group A** (Neuro-vascular assessment): This group will focus on techniques for assessing neurological and vascular health in diabetic patients, highlighting the importance of early detection and management of complications.

**Group B** (Callus - Nail - ulcer debridement): This group will concentrate on practical skills for debriding calluses, nails, and ulcers in diabetic foot care, discussing the procedures, indications, and best practices to enhance wound healing and prevent infections.

### **Charcot Foot in Diabetes: What you should know!**

8

This topic will cover the essential aspects of Charcot foot in diabetic patients. It will discuss the pathophysiology, clinical presentation, and diagnostic criteria of Charcot foot.

### **Newer wound care dressings and Modalities**

9

This topic will cover the latest advancements in wound care dressings and treatments for diabetic foot ulcers. It will discuss innovative dressing materials and new treatment technologies designed to promote healing and improve patient outcomes.

## About Faculty



**Dr. Ashu Rastogi**  
MBBS, MD,  
DM (Endocrinology),  
MNAMS, FACE, FRCP (Edin)

Dr. Ashu Rastogi is an associate professor in the department of endocrinology at PGIMER, Chandigarh, India. With a focus on diabetic foot complications and diabetic neuropathy, he has made significant contributions to the medical community, evident through his extensive publication record comprising over 110 research papers in indexed journals. His dedication to advancing endocrinology has earned him numerous accolades, including the Young Investigator Award by the American Association of Clinical Endocrinology in 2012 and the Prof. BR Shrivastava Oration at RSSDI in 2017. Dr. Rastogi's commitment to excellence is further exemplified by awards such as the AR Sheth Award and the A V Gandhi Award by the Endocrine Society of India, along with international recognitions like the Best Research Award by the US Endocrine Society and the IWGDF in the Hague, Netherlands. Currently serving as the secretary of the Diabetic Foot Society of India and the RSSDI Chandigarh chapter, as well as an executive committee member of the Endocrine Society of India.



**Dr. Vikas Kakkar**  
MBBS, MS, DNB, FAIS,  
MNAMS, FMAS, M.Ch

Dr. Vikas Kakkar is a Consultant Plastic and Reconstructive Surgeon at Kakkar Clinic, Amritsar, and Medical Director at Puri Hospital, Sujampur, Punjab. He holds an MBBS from SSMC Tumkur, MS from Dayanand Medical College, Ludhiana, and M.Ch in Plastic Surgery from SMS Medical College, Jaipur. With extensive experience, he has served as Assistant and Associate Professor in various institutions and coordinated fellowships in reconstructive surgery. Dr. Kakkar is the President of the Indian Podiatry Association (Punjab Chapter) and a member of several professional bodies, including the American Society of Plastic Surgeons. His special interests are head and neck cancer reconstruction, burns management, hand surgery, post-cancer breast reconstruction, diabetic foot care, and lymphedema surgery.



**Dr. Bharat Kotru**  
Podiatry (QMU, UK),  
IWCC (University of Toronto)

Dr. Bharat Kotru is a Podiatrist, Wound Care Specialist, at Advance foot & wound care centre MAX Super speciality Hospital, Amandeep Hospital Punjab India. He has done his Podiatry from Edinberg UK. He pursued International Interprofessional wound care course (IIWCC) University of Toronto (Canada) in 2015 at the end of course he was awarded with IIWCC best Selective award on "Effect of intensive Education and selfcare on wound healing trajectory". He has done MSc Clinical Skin integrity and wound Management from University of Hertfordshire (UK). He has Done Diabetic Foot Foundation Course from Michener, Ontario. He also attained training at Amrita Institute of Medical Sciences in Department of Podiatry on Diabetic foot, He is presently faculty of IIWCC, University of Toronto and Faculty for Project "TAAC" South Africa. He is Indian international affairs Board Member of World Union Wound Healing Society, 2020-2024.

# Snapshots of Success

## New Learnings in Diabetic Complications Prof. Arun Bal Auditorium, Chennai - 25<sup>th</sup> February, 2024



## Advancements in Respiratory Health Hotel Fariyas, Lonavala, Maharashtra - 24<sup>th</sup> and 25<sup>th</sup> February, 2024



## Advancements in Respiratory Health Hotel Manas, Igatpuri, Maharashtra - 24<sup>th</sup> and 25<sup>th</sup> February, 2024



## Advancements in Respiratory Health

Sterling Corbett, Jim Corbett, Uttarakhand - 2<sup>nd</sup> and 3<sup>rd</sup> March, 2024



### Respi ACCEDE - Expert Conclave on RTI and Cough Management

The Lalit Golf and Spa Resort, Goa - 13<sup>th</sup> and 14<sup>th</sup> April, 2024



### The Pediatric Scholar Series Conclave Meeting

Sterling Lake Palace, Alleppey - 27<sup>th</sup> and 28<sup>th</sup> April, 2024



For inquiries and registration, please contact:

**Priyanka Vasant Gaikwad**  
Business Development Manager

☎ Mob - 9702755527

✉ Email - [priyanka.gaikwad@hansamedcell.in](mailto:priyanka.gaikwad@hansamedcell.in)







## About CME Foundation of India

“CME FOUNDATION OF INDIA” is a registered AOP under income tax act 1961, which is engaged in updating the skills and knowledge of practicing doctors, nurses, and healthcare professionals by providing continuing education activities. The objective of the foundation is to serve the medical knowledge needs of practicing doctors, nurses, and healthcare professionals in order to enhance the quality of healthcare service provided to patients in rural and urban area.

CMEFI has worked with many prominent senior faculties, societies, and associations in the medical fraternity to create Continuing Medical Education modules in different formats, print and digital, leveraging the evidence based knowledge and skills of the thought leaders drawn from various medical specialties and reaching it to large number of practicing doctors across the country. The continuing education is imparted to professionals through live meetings, workshops, webinars, and the distance education mode.

CMEFI provides an excellent forum to share the outstanding experience and expertise of eminent specialists with the young professionals thereby benefiting millions of people through better treatment at Point of Care.

CMEFI carries out the scientific and market research projects such as conducting Medical and Nursing Education activities, patient camps and surveys by healthcare providers, doctors, medical practitioners, and nurses etc., CMEFI works with Indian Institutions and Individual doctors to offer CME programs of current interest in India.

CMEFI plans to establish and promote social / culture / business centres and to conduct such activities in the interest of all doctors, medical practitioners, and nurses.

In uncontrolled T2DM patients

**Rx OXRAMET-S XR**   
Dapagliflozin 10 mg + Sitagliptin Phosphate IP 100 mg + Metformin 500 mg / 1000 mg XR Tablets

**Control | Protect | Preserve**

**In Indian patients' clinical trial: DAPA + SITA + MET** showed significantly more number of patients achieved  $HbA1c \leq 7\%$ <sup>1</sup>

**3X**

~More proportion of  
**DAPA + SITA + MET**  
patients achieved  
**HbA1c  $\leq 7\%$  Vs SITA + MET<sup>1</sup>**

**2X**

~More proportion of  
**DAPA + SITA + MET**  
patients achieved  
**HbA1c  $\leq 7\%$  Vs DAPA + MET<sup>1</sup>**



For the use of a registered medical practitioner or a hospital or a laboratory only

**Reference**

**1.** Data on file **T2DM:** Type 2 Diabetes Mellitus **SITA:** Sitagliptin **MET:** Metformin  
**DAPA:** Dapagliflozin **HbA1c:** Hemoglobin A1c



For full prescribing information, kindly contact us:

Sun Pharma Laboratories Ltd  
Sun House, Plot No – 201 B/1, Western Express Highway, Goregaon (East), Mumbai - 400063, Maharashtra (India).