

FELLOWSHIP IN DIABETOLOGY

INTRODUCTION

Published epidemiological data report a prevalence rate of Type 2 diabetes mellitus (DM) as high as 14.8% among the Kuwaiti adult population and that the disease presented at a relatively young age.

A risk factor identified was a strong positive family history of Type 2 DM, reflecting the importance of a genetic component pertinent to the Kuwaiti population. Obesity was strongly associated statistically with Type 2 DM among both Kuwaiti men and, in particular, among Kuwaiti women. Physical inactivity seemed to be a characteristic observed in studies of the Kuwaiti population. An integrated approach to the prevention of some of the critical risk factors that underlie Type 2 DM as well as atherosclerotic vascular disease and modulate the progression from insulin resistance to Type 2 DM should be based on the prevention of obesity, the promotion of physical activity and the modification of life style.

Type 1 DM among the Kuwaiti population shows an annual incidence of 20 per 100,000 children aged ≤ 14 years, similar to the incidence rates reported from the industrialized countries and higher than those from other Arab countries.

Diabetes mellitus and its complications are likely to remain the greatest underlying cause of death worldwide and in the Arabian Gulf region for many years to come. Despite significant advances on aspects of prevention, diagnosis, and medical and surgical management of the disorder, morbidity and mortality associated with diabetes continue to rise.

Therefore, there is the urgent need for training specialist doctors in this field.

OBJECTIVES

The single major objective of the program is to develop the trainee doctors into highly competent specialists in the branch of Diabetology. It will be achieved through a structured and supervised training program where the candidate will receive hands-on experience in the practice of clinical diabetology, performed independently but under the guidance and supervision of highly competent senior teachers and specialists. Such clinical training will be supplemented with theoretical (didactic) teaching, self-motivated computer-based access to information, and involvement in research. At the end of the training period, the candidates will be assessed for their competence through a series of clinical and theoretical examinations given by internal and external assessors.

ELIGIBILITY FOR ADMISSION

Training in Diabetology shall take place after successful completion of a postgraduate qualification in General Medicine or in Internal Medicine, which could be:

- a. Postgraduate Training Program (PGTP) in Internal Medicine, Kuwait Institute of Medical Specialization (KIMS).
- b. American Board Certification in Internal Medicine.
- c. MRCP (Internal Medicine), and a one-year period of service after obtaining the Membership.
- d. Any postgraduate qualification equivalent to any of the above and approved and recognized by KIMS.

DURATION

The program of training is of two years' duration.

PROGRAM COMPONENTS

- a. Diabetology training at:
 - Hospital-based adult Diabetes Units at Mubarak Al-Kabeer, Amiri and Sabah Hospitals, including fundus and foot clinics.
 - Hospital based pediatric Diabetes Units at Amiri and Farwania Hospitals.

- b. Training in the following subspecialties:
 - Ophthalmology
 - Neurology
 - Nephrology
 - Cardiology
 - Community Medicine
- c. Training in Diabetes Research
 - All diabetes training would be carried out in Diabetes Units in which the opportunity to participate directly in research is available.

DIDACTIC TEACHING MODULES

1. Seminars shall be conducted on basic and applied sciences related to diabetology and allied specialties. The trainee will prepare at least 8 topics during the 24 months' period, under the guidance of the Course Director or a faculty member designated by him.
2. A Journal Club will be conducted at least once a month. The trainee will present at least 8 such sessions during the 24 months.
3. The trainee shall prepare a written 'state of the art' literature review on a minimum of 2 topics during the 24 months period, under the guidance of the Course Director or a faculty member designated by him.

TEACHING, RESEARCH AND PUBLICATION

1. The trainee shall participate in all the relevant teaching/training programs organized by the Department, KIMS, Faculty of Medicine, and Kuwait Diabetes Association.
2. The trainee shall complete and submit for publication at least one clinical investigation or basic research project during the 24 months period, under the guidance of the Course Director or a faculty member nominated by him.
3. The trainee shall present at least one abstract at a local, regional or international meeting.

The trainee is additionally required to participate in community education and awareness programs relevant to local needs.

CERTIFYING EXAMINATION

This examination shall consist of the following components:

a. Log Book/Portfolio

Inspection of attested Log Books/portfolios maintained by the trainee.

b. Part I

The Part I Examination will be conducted at the end of 24 months of training, and will deal primarily with basic sciences and applied diabetology. It will be given in an MCQ format.

c. Part II

The Part II Examination will deal mainly with specialties related to clinical diabetology, and shall consist of theoretical examinations, clinical bedside examinations and viva examinations.