

CHRISTIAN MEDICAL COLLEGE

VELLORE, TAMIL NADU



PROSPECTUS

for

FELLOWSHIP IN HIV MEDICINE

2010

INTRODUCTION:

The persistence and the enormity of the HIV epidemic in India demand a commensurate increase in competence and capacity among health professionals. However, for most practicing doctors today, HIV Medicine was not a part of the curriculum at the time of their training. Also, the steady progress in knowledge and practices in this field necessitates constant updating. Currently, there are only a few training programmes suited to the needs of practicing doctors for upgrading their knowledge and skills in HIV care.

This one year Fellowship in HIV Medicine (FHM) is the response of the Christian Medical College, Vellore (CMC) to address these deficiencies. Keeping in mind the time constraints of practicing doctors, this course consists of distance education, local projects and six weeks of contact at Vellore in four short parts. Our approach is to select doctors who are already interested and involved in HIV care, upgrade their knowledge and skills in this field and to work with them to enhance the capacity of their hospitals/organizations to care for HIV affected patients.

CMC has been involved in HIV care and training right from the beginning of the HIV epidemic in India in 1986. Medicine Unit 1 and Infectious Diseases currently take care of over 44,118 outpatients and 2217 inpatients every year. An Interdisciplinary Infectious Disease Clinic involving Medicine, Paediatrics, Dermatology and STD and Social Work provides comprehensive care to about 3843 HIV patients every year. The department also conducts support group meetings for HIV positive people to provide social support to the patient and their families as well as provides income generation assistance. The Obstetric and Gynaecology department of the hospital runs Prevention of Parent to Child Transmission (PPTCT) which provides counseling for couples who visit the antenatal clinic. Interventions to reduce vertical transmission of HIV are provided to HIV positive mothers. Through ACTFID (ACC-CMC Trust for Infectious Diseases) and with assistance of NACO free ART drugs are provided to HIV infected people.

Medicine Unit 1 and Infectious Diseases has the responsibility for undergraduate, postgraduate and continuing medical education in CMC in the area of Infectious Diseases and HIV medicine. CMC is one of the National Training Centre for National AIDS Control Society of India. Since 2004, CMC has been conducting regular short training programme for ART medical officers working in government hospitals. So far over 500 doctors have been trained. The HIV/ AIDS counselors training programme for a week is conducted every year by the department of Medicine unit 1 with support from other departments. The Virology Department is a national reference centre for HIV testing. The hospital has well-developed systems for infection control and exposure prevention and has instituted a comprehensive HIV policy. CMC is also involved in activities for the prevention and clinical care of HIV in Vellore town and the surrounding blocks.

So far, 107 students have successfully completed the course over the past six years of the course from CMC, Vellore. The seventh batch will complete their training in February 2010. The students have been primarily from the states of Tamil Nadu, Andhra Pradesh, Karnataka and Kerala. They have belonged to church-related and other voluntary hospitals, non-governmental organizations and government hospitals and nearly all were already involved in HIV care.

In all batches, students have completed projects for developing or enhancing HIV care in their respective institutions. These projects have focused on various components of care including hospital based care, counseling and testing, infection control and staff education, and home based care (for more details on projects, go to www.fhmindia.org.in and click on projects). By the end of the course, the students have developed the requisite knowledge and skills for HIV care at their level and also demonstrated their ability to establish HIV care services. External evaluation of the course at the end of three years demonstrated that basic HIV services were established in the majority of the trainees' institutions and that these were accessible and quality assured. In 2006 the FHM course was upscaled to two additional regional training centres in the Eastern and Northern regions with the central distance learning centre at CMC, Vellore. The Fellowship in HIV Medicine programme is now offered at the School of Tropical Medicine, Kolkata and Maulana Azad Medical College, New Delhi over the last 3 years, 91 fellows have graduated from these two regional training centres.

THE OBJECTIVES OF THE TRAINING COURSE:

- (I) to enable the participants to improve their knowledge and skills in HIV care.
- (ii) To enable the practical development of accessible and high quality HIV clinical services in their hospitals.

EDUCATIONAL APPROACH

By a judicious combination of contact programmes, distance course and project work, the course is designed to allow participants to continue their regular work and learn within the context of their own practice. Detailed work plans will be designed for each participant, according to his or her own time constraints and work schedules. The faculty will guide and support the participants through regular e-mail and telephonic contact. Learning resources for the project will be provided as part of the training.

ELIGIBILITY CRITERIA

- (i) MBBS
- (ii) Employed in a small hospital, clinic, NGO or community based project in India. Doctors from both non-governmental and governmental organisations are eligible.
- (iii) Participants should have demonstrated an active interest in HIV care; preference will be given to those already involved in HIV care.
- (iv) Preference will be given to applicants working in southern states (Tamil Nadu, Karnataka, Kerala, Andhra Pradesh, Pondichery and Maharashtra).
- (v) Commitment to develop and implement a clinical care project in their hospital. (The candidates have to submit their broad plans for such a project as Part C of the application form. Participants will be guided in developing and implementing this project during the course).
- (vi) Support from the administration of the hospital / organization for undertaking the course and implementing the project. The Medical Superintendent or Senior Administrator / Physician of the hospital must nominate the candidate.

SELECTION

The candidates will be short listed for interview on the basis of the information in their application, according to the following criteria: (a) experience and academic qualification of applicant; (b) applicant's interest in HIV care; (c) capacity of the institution to undertake HIV care; (d) quality of the project outline; and (e) administrative support from the institution. The short listed candidates will be called for personal interview at CMC for final selection.

COURSE DURATION: 12 months (March 2010 - February 2011)

STRUCTURE OF COURSE

1. First Contact Course (CC-I) at CMC of 6 days duration for all participants, March 2010.
2. Distance Learning Programme (DC) of 13 modules from March to June 2010.
3. Second Contact Course (CC-II) at CMC will be of 2 weeks duration April 2010.
4. In-service training (CC-III) at CMC of 2 weeks duration between July and October 2010.
5. Project Implementation Phase (PP) of 6 months from July 2010 to December 2010.
6. Fourth Contact Course (CC-IV) of 3 days duration in February 2011.

CURRICULUM FOR CONTACT COURSES

CC-I: Course orientation, basic clinical skills training, introduction to distance learning, computer skills, accessing educational resources, project management skills and role of an HIV physician. Development of project outline.

CC-II : Development of clinical skills through practical exposure to clinical care at CMC. Development and submission of full project proposal.

CC-III : Hands-on clinical training in the in-patient and outpatient service. The student will have an individualised curriculum plan to meet their training needs. This will include a requisite number of patient work-ups, case presentations, procedures and clinical conditions seen.

CC-IV : Presentation of projects, end-of course practical and theory assessments and project work evaluation.

THE DISTANCE LEARNING PROGRAMME (4 months)

This consists of 13 modules on the topics listed below and is designed to develop requisite knowledge for clinical care of HIV infection at a secondary level. Each module is carefully organised to facilitate active learning through solving of case based problems, reflection on practice and regular feedback.

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| 1. HIV : Basic science and laboratory testing | 8. Anti retroviral treatment |
| 2. HIV and the respiratory system | 9. Safe blood banking |
| 3. HIV and the nervous system | 10. HIV and the gastrointestinal system |
| 4. HIV and women | 11. Psychological care of HIV infection |
| 5. STIs, RTIs and HIV | 12. HIV & TB |
| 6. HIV and children | 13. HIV and fever |
| 7. Infection control and exposure prevention | |

Each module will consist of:

- Case based activities
- A tutor marked assignment
- Reading and references

Each module will require about 6 hours of work and has to be completed within one week. The modules will be sent to the participants in advance. Participants will work through the module and submit a tutor-marked assignment by post at the end of the week. The submission of the assignments is an essential requirement for completion of the module.

PROJECT PHASE (duration 6 months)

The object of including a project in this course is to strengthen and supplement the HIV care services in the participants' hospitals. The project aims to ensure that, by the end of the course, there would be available in the hospital/institution an adequate and functioning HIV care system with the following minimum components, appropriate to the local context:

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| ● Outpatient clinic | ● Inpatient care |
| ● HIV testing | ● Infection control and exposure prevention system |
| ● Counselling | ● Staff education |
| ● ART | |

The basic project plan must aim at ensuring these facilities.

Depending on the level of care and local health needs, the project may also include:

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| ● Networking with local health care providers | ● Education of GPs |
| ● Setting up of an HIV team | ● Development of an HIV policy |
| ● Networking with community organisations involved in HIV care | ● Home based care |
| | ● Needle exchange programme |

The basic outline of the project must be submitted as part of the application. One faculty member will guide the participant in project planning and implementation. The participant will submit a project outline at the end of CC-I, and full project proposal during CC-II. The finalised project proposals will then be reviewed and approved. The participant would implement the project at their respective hospitals/organizations during the project phase (July to December 2010). The supervising faculty will provide on-going guidance. The student will submit an interim report during the project phase and one final project report during CC-IV. (Projects done by earlier batches are available for viewing on the website www.fhmindia.org.in)

REQUIREMENTS FOR COURSE COMPLETION:

- a) Completion of requirements of the contact and distance courses;
- b) Implementation of a clinical care project; and
- c) Satisfactory performance in theory and practical assessments at the end of the course.

TIME COMMITMENTS

Participants are required to attend CC-I, CC-II, CC-III and CC-IV at CMC, Vellore. The total time requirement for contact is six weeks. In addition they will need to spend about six hours every week for course related work throughout the course. During the last month of the course they may require additional time at their local institutions to produce their final project report and prepare for the theory and clinical examinations.

OUTCOMES

- The participants who fulfill the requirements of course completion will be awarded the Fellowship in HIV Medicine from the Christian Medical College, certifying their proficiency in HIV care.
- They will have the knowledge and skills required to develop a comprehensive HIV clinical care service.
- The HIV clinical care service of the participant's hospital would have been significantly enriched through the project implemented as part of the course.
- They would become part of a mutually supportive HIV care network through the contacts developed at CMC and with the senior alumni of the FHM course.

PROGRAM FEES

The course fees for the Fellowship in HIV Medicine is Rs.30,000/- for the complete academic year. This can be paid in three installments and is not refundable. First installment (50 % of the total fee) should be paid at the time of joining the course. Institutions / participants will have to meet the cost of travel to Vellore and the cost of boarding and lodging in CMC during contact courses. A few scholarships will be available based on the financial need and merit.

IMPORTANT DATES

Applications must reach CMC Vellore by	16th January, 2010
Interviews at CMC, Vellore	6th February, 2010
Commencement of course /Contact Course - I	March, 2010

COURSE FACULTY

Dilip Mathai, *Professor in Medicine*
 O.C. Abraham, *Professor in Medicine*
 Anand Zachariah, *Professor in Medicine*
 Priscilla Rupali, *Professor in Medicine*
 George M Varghese, *Associate Professor in Medicine*
 Rajiv Karthik, *Assistant Professor in Medicine*
 Anugrah Chrispal, *Assistant professor in Medicine*
 Ramya. I, *Assistant professor in Medicine*
 Jessie Lionel, *Professor in Obstetrics and Gynaecology*
 Valsan Philip Verghese, *Professor in Child Health*
 Sara Bhattacharji, *Professor in Community Medicine*
 K. R. John, *Professor in Community Medicine*
 Jasmine Helan, *Professor in Community Medicine*
 Shanthidani minz, *Associate professor in Community Medicine*
 Alex Reginald, *Assistant professor in Community Medicine*
 Uday Zachariah, *Associate professor in Gastroenterology & Hepatology*
 Anna Pulimood, *Professor in Pathology*
 Joy Mammen, *Professor in Clinical pathology*
 Arpana Palle, *Assistant Professor in Clinical Pathology*
 Rajesh Kannangai, *Professor in Clinical Virology*
 Benjamin Perakath, *Professor in Surgery*
 D.J.Christopher, *Professor in pulmonary Medicine*

Susanne Abraham, *Professor in Dermatology*
 Lakshmisha. C, *Associate Professor in Dermatology*
 Dincy Peter, *Assistant Professor in Dermatology*
 Anto P. Rajkumar, *Assistant professor in Psychiatry*
 Saumil Dholakia, *Assistant professor in Psychiatry*
 Timothy Chellaiah, *Tutor in Radio diagnosis*
 Saban Horo, *Assistant professor in Ophthalmology*
 Mary S. Mathews, *Professor in Microbiology*
 Gagandeep Kang, *Professor in Microbiology*
 Joy Michael, *Associate professor in Microbiology*
 Sujith Chandy, *Professor in Pharmacology*
 Sunil Abraham, *Associate professor in Family Medicine*
 Santhosh Varughese, *Assistant professor in Nephrology*
 Jenifer Jeba, *Assistant professor in palliative care*
 Verghese.T. Cherian, *Professor in Anesthesia*
 Minnie Faith, *Associate professor in Biochemistry*
 Peace Clarence, *Counselor*
 Govindan.R, *Counselor*
 John Jacob, *Counselor*
 Sheeba Clarence, *Counselor*
 Sudhakar.S, *Counselor*
 Rajkumar.S, *Pharmacist*
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