

Book Review

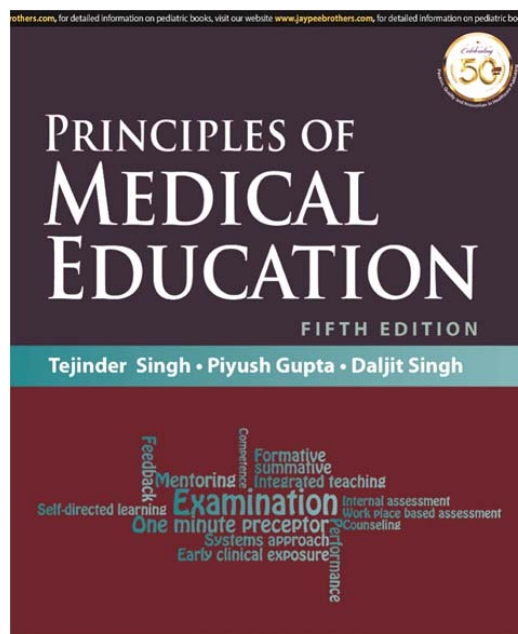
“Principles of Medical Education by Tejinder Singh, Piyush Gupta and Daljit Singh by Jaypee Brothers Medical Publishers, 4838/24, Ansari Road, Daryaganj, New Delhi 110002, Pages xii + 1- 248, Kindle edition Rs. 470 , Paperback Rs. 550.

Introduction of competency-based curriculum for Indian Medical Graduate has brought a paradigm change in the way the teachers teach and the students learn. Competency is not about learning procedural skills but involves an overall development of the graduate to inculcate knowledge, skills, attitudes, values and responsiveness – which have been collectively envisaged as the characteristics of the Indian Medical Graduate.

The book, Principles of Medical Education has been a very useful companion for medical teachers since 1997. The review of 4th edition of this book by JIMA had stated that this book ‘has shown the way to groom the faculty to reach its utmost perfection’. It is heartening to note that the authors have continued with this purpose even in the fifth edition. One can notice many changes to orient the teachers towards competency-based medical education and its assessment. With an addition of about 50 pages to the previous edition, the readers are taken through the core educational principles related to setting educational objectives, teaching and assessment. Many newer teaching methods like pre-lecture assignments and flipped classroom have been added. The role of internal assessment in shaping learning has been re-emphasized with addition of a Quarter model to make it less biased and fair to the students. Competency-based education and its companion, Self-directed learning has been described in detail to enable the teachers to guide their students. For professional development of teachers, version 3.0 of a very useful tool, Microteaching, makes a very interesting reading.

Reflections are an integral part of learning, more so for competency-based curricula. The authors have included a chapter on Reflective Writing, which takes the reader through the process with very illustrative examples. The references have been updated and it is interesting to find papers and books published in 2020 being included.

The key attraction of the book – like its predecessors – remains its simplicity, conversational and interactive writing style, and plenty of examples to illustrate the concepts. Each chapter begins with a relevant quote, setting the stage to prepare the readers for what is to come. There could not possibly have been a better way to start the chapter on, for example, Integrated teaching by quoting that ‘if you want to produce music, you have to play the black and white notes together!’



Foreword
Janet Grant

Two color printing on glossy paper with plenty of graphics, tables and boxes make the book impressive and understanding effortless. A more detailed discussion of the new curriculum would have helped many readers.

Overall a highly recommendable resource for not only medical teachers but also for those of other health professions.

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Letter to the Editor

[The Editor is not responsible for the views expressed by the correspondents]

Study on Loss of Protection Sense in Type 2 Diabetes Mellitus with Special Reference to TSH Value within Normal Range

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SIR — I would like to appreciate the authors for enlightening us regarding the Loss of Protection Sense in patients suffering from Type 2 Diabetes with TSH values within normal range. Multiple studies had shown previously that overt hypothyroidism and diabetes mellitus whether Type 1 or 2, both leads to Loss of Protective Sense (LOPS) separately. This study has specifically brought out that even with normal TSH values, any value more than 3 mIU/ml could increase the risk of developing LOPS by 14.82 times. Though, higher values HbA1C has been shown to be associated with increased risk of LOPS but, as HbA1C levels in this study were lower, increased risk of LOPS was not seen in this study.

Thus, a larger longitudinal prospective case control study is required tell us that whether thyroid hormone replacement to keep the TSH value within 3 mIU/ml will be more effective to preserve protective sense in the foot of persons living with Type 2 Diabetes Mellitus.

Moreover, the correlation between the T₃, T₄ and TSH is integral in the pathophysiology of peripheral neuropathy in hypothyroidism. Thus, inclusion and association of T₃, T₄ levels in relation to LOPS would have further improved the vision of association of diabetes with hypothyroidism as cumulative factors in increasing the risk of LOPS.

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ANSWERS: (Mediquiz - 08 / 2021)

1 (a), 2 (b), 3 (a), 4 (c), 5 (a), 6 (d), 7 (b), 8 (a), 9 (a),
10 (a), 11 (a), 12 (a), 13 (a), 14 (a), 15 (b)