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Impact of educational program on self-control of blood glucose among patients with non-insulin dependent diabetes mellitus

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Introduction & Aim: The increase in diabetes incidence, combined with its long-term complications, will greatly increase in the burden of health care. Therefore, education on self-care of person with diabetes and preventing its complications could reduce the burden of the disease in the future. This study aimed to assess the effect of diabetes self-care educational program on control of non-insulin dependent diabetes mellitus NIDDM using HgbA1c as a proxy indicator.

Methods: This is a pre and post interventional study; it was conducted to determine the effect of diabetes education program given to patients with NIDDM on diabetes control. The study included 132 newly diagnosed patients divided into two groups, an interventional group with intensive follow-up and control group of standard follow-up group. The intervention consisted of three months health education for diabetic patients (13 weekly lectures). It aimed to improve knowledge and skills about control of blood sugar. Data analyzed using SPSS (statistical package for social science).

Results: The pre and post comparison of diabetic control within intervention group showed significant reduction of mean HbA1c (%) before and after the intervention from 8.1 ± 1.8 to 7.5 ± 1.6 ($P=0.001$). However, in the control group there is a slight non-significant increase in mean HbA1c (%) after 3 months of study beginning ($P=0.210$). The comparison between groups at the time of outcome assessment (after 3 months), showed significant difference between groups ($P=0.003$).

Conclusion: This study demonstrated the importance of education and training for the NIDDM patients in regards to self-monitoring and control of blood glucose.

Biography

Faisal Faheed H Alsobiai, working as health practitioner in Imam Abdulrahman Al Faisal Hospital, KSA

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