

# 11<sup>th</sup> Asia Pacific Diabetes Conference and Expo

July 11-12, 2016 Brisbane, Australia

## The effect of light meals *Coix lachrymal-jobi* on blood glucose levels for people with type 2 diabetes mellitus at Atma Jaya Hospital Pluit

Nanny Djaja<sup>1,2</sup>

<sup>1</sup>Rumah Sakit Atma Jaya, Indonesia

<sup>2</sup>Rumah Sakit Gading Pluit, Indonesia

**Background:** A therapy for type 2 diabetes mellitus (DM) is starting to evolve rapidly. Traditional food can be used as a controller of blood glucose levels. One of the light meals that can control the blood glucose level is Jali or *Coix Lacryma-jobi*.

**Method:** The design research is a pre and post experimental quantitative research. The samples are 30 people with type 2 DM patients who are hospitalized at Atma Jaya Hospital Pluit. The participants of this research will be measured of their fasting blood glucose level, and after they're eating jali porridge, their blood glucose levels will be measured again after two hours afters of eating jali porridge. The data collection is three times from each inpatient with type 2 DM at Atma Jaya hospital.

**Result:** The average of fasting blood glucose level is  $180 \pm 64$  and the average of 2 hours post prandial blood glucose level is  $185 \pm 52$ . There is no significant change as the results of this statistical research between fasting blood glucose level and 2 hours post prandial blood glucose level after taking jali porridge with  $p = 0.562$ .

**Conclusion:** Jali can be useful as a breakfast for diabetic patient as it may help to lower blood glucose levels, although the decrement of blood glucose level is not too significant.

[nanny.djaja@yahoo.com](mailto:nanny.djaja@yahoo.com)

## Compliance to treatment regimen among diabetic patients attending out patient department of a referral hospital in Kathmandu

Nirmala Dhital

Tribhuvan University Teaching Hospital, Nepal

Control and prevention of complications in diabetes patients is mainly based on patients' compliance to treatment regimen which includes life-style modification. This study was aimed at assessing the level of compliance and its association with selected demographic variables. A descriptive cross-sectional study was conducted to find out the level of compliance to diabetic treatment regimen in specific areas: Medication, exercise, follow up and diet. A total 203 follow up diabetic patients were selected from medical OPD of Tribhuvan University Teaching Hospital (TUTH) through Purposive Sampling Technique. Data were collected using semi-structured interview schedule with four sub scales (medication, exercise, follow-up and diet). Data were analyzed by using the descriptive and inferential statistic. It was revealed that the medicine compliance levels for good, fair and poor compliance were 62.1%, 31.5% and 6.4% respectively. Similarly the exercise compliance levels were 31.5%, 39.4% and 29.1% and the follow-up compliance were 65.5%, 5.9% and 28.6%. The dietary compliance levels were 77.3%, 21.7% and 1.0% for good, fair and poor respectively. Compliance to medicine was associated with educational status ( $p=0.040$ ) and the area of residence ( $p=0.023$ ). Compliance to follow-up was associated with diabetic counseling ( $p=0.028\%$ ). Dietary compliance was associated with family income ( $p=0.035$ ) and dietary counseling ( $p=0.001$ ). The study concluded that the respondents who had enough monthly income and received dietary counseling had more good compliance in diet. Those who received diabetic counseling had more good compliance in follow-up. It is suggested that blood sugar can be controlled by enhancing compliance in diabetic treatment regimen. Thus proper counseling regarding diet, medicine, exercise and follow-up in all health care settings is needed for diabetic patients.

[nirmaladhital1974@gmail.com](mailto:nirmaladhital1974@gmail.com)