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Risk reduction intervention to reduce risk of type II diabetes mellitus at high risk people in a rural area

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Type II diabetes mellitus (DM) is a growing public-health burden worldwide, particularly in developing countries. Lifestyle modification can prevent or delay the onset of type II DM at high-risk adults. Most lifestyle intervention findings are driven from western studies which might not be appropriate for different cultures. Culturally sensitive interventions tailored to meet the specific needs of people in a rural area will facilitate the implementation and sustainability of behavior changes. The purpose of this study was to examine the effects of risk reduction intervention to reduce type II diabetes mellitus at high risk people in a rural area. A quasi experimental (Pre/post test) design was used. A convenience sample of 70 patients with one or more risk factors of type II DM was recruited. This study was conducted at the outpatient clinics of Menoufia University Hospital at Shebein El- Kom City, Menofia Governrate, Egypt. Tools including: semi-structured demographic data sheet, The Australian Type II Diabetes Risk Assessment Tool and 24 Hours Dietary Recall Sheet. Culturally sensitive risk reduction intervention was tailored to meet the specific needs of at high risk people in the designated rural area. There was a statically significant difference in type II diabetes risk score pre and post intervention in the study group with a p value <0.001. The lifestyle of people in developing country is different from industrialized developed countries, thus, developing preventive strategies to promote healthy lifestyles that are culturally appropriate and tailored for illiterate people with low socioeconomic status is crucial.

Biography

Naglaa E L Mokadem has completed her PhD from Case Western Reserve University, Frances Payn Bollten School of Nursing. She is currently working as an Associate Professor at Menoufia University, Faculty of Nursing, Egypt . She has published 20 papers in reputed journals and she is serving as an Editorial Board Member of repute journals (*American Journal of Nursing Science, International Journal of Novel Research in Healthcare and Nursing*)

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