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Effect of nurse management of diabetes in rural Western Kenya

Rono kimutai Stephen
AMPATH, Kenya

Background: Diabetes, a major CVD risk factor, is the leading cause of death in low and middle-income countries (LMICs). However, treatment and control rates are very low in many LMICs. one strategy to improve access is task shifting of diabetes care to Nurses, but it is unclear if such strategy is effective in LMICs. Here, I report the effect of a Nurse based diabetes management program in Kenya.

Methods: In 2011, AMPATH chronic disease management program initiated Nurse based diabetes management in rural western Kenya in level two facilities. Diabetes patients who initiated care between January 1, 2015 and December 31, 2015, comprised the clinical cohort. The primary outcome measure was one-year change in random blood sugars (RBS) evaluated by paired test. Results were determined overall, and stratified by key covariates, multivariable regression was also performed.

Results: The cohort consisted of 563 adult patients (297 F and 266 M) with follow up data available for 399 (70.8%) overall RBS decreased significantly from baseline to follow up (4.3 mmol/L), which was also observed across several participant subcategories.

Conclusion: These results suggest that Nurses managed diabetes care can significantly improve blood sugar among diabetic patients. If reproduced in prospective trial settings, this could be an effective strategy for diabetes care in LMICs.

Biography

Rono kimutai Stephen is a Clinical officer. He has completed his Graduation with Diploma in Clinical Medicine and surgery from Kenya Medical Training College. He is currently working with Academic Model Providing Access to health care (AMPATH) department of Chronic Disease management, implementing an innovative program that would make chronic diseases like diabetes accessible and affordable to patients living in rural and remote region in western Kenya. His responsibility in the program is to mentor Nurses and other health care providers on diabetes management in primary care facilities to facilitate effective task shifting. As a special added value of this event, he finds the opportunity to network with other professional from the world, which is an exceptional opportunity for horizontal exchange of experience on global challenges and solutions of diabetes management especially in rural areas. This will help me to improve the process of implementing diabetes care program in primary care facilities in rural western Kenya.

stevekimutai.kr@gmail.com

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