

## Group based medical nutrition education vs individualised education in the

S Bablu Das<sup>2</sup>, Y Premchandra Singh<sup>1</sup>, L Tilakeswari Devi<sup>3</sup>, Th Romola devi<sup>2</sup>, Thlbetombi<sup>2</sup> and M Amuba Singh<sup>2</sup>

<sup>1</sup>CMC Vellore, India

<sup>2</sup>Department of Biochemistry, Regional Institute of Medical Sciences, India

<sup>3</sup>ICMR School of Public Health, India

**Background and objective:** The purpose of this study was to strengthen the nutrition and life style management support of type 2 diabetes patients by determining the effects of group based and individualized educational program in Diabetes Clinic, RIMS, Imphal.

**Methods:** Sixty patients with NIDDM fulfilling the inclusion criteria of this experimental set up were enrolled. The participants were randomly divided into two groups: group education and individualized education. KAP study was first done. Biochemical and anthropometric measurements were performed at the baseline, 3 months and six months of the intervention. Four educational sessions based on national diabetes self management education program, were performed during the intervention. Data were analysed using Chi square, t test and ANOVA.

**Results:** The knowledge components significantly increased in both the groups after intervention. In addition fasting Blood glucose and S triglyceride level improved significantly among the group education group as compared to the individualized group. HBA1c level also decrease significantly in both the groups, though not significantly different within the group.

**Conclusion:** Medical nutrition education is very effective in order to control their blood glucose and improvement of general wellbeing.

### Biography

Bablu Sukla Das has become MBBS graduate at 23 yrs of age (1990). He has serving his state since 1992 and became Anaesthesiologist in the yr-2004 and now he is procuring his MD degree (Final year) in the dept. of Biochemistry at RIMS, Imphal, Manipur.

bsukladas@gmail.com