

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

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## Financial burden and outreach of Diabetes clinics for patients in Nepal

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In the capital city of Nepal, there are only two hospital based endocrinology referral centers, which runs 6 days a week with around 120 patients/day with 2-3 doctors handling the burden. Most of the patients visiting these centers are from remote areas of Nepal who travel for around half a day or whole day to reach the doctors in clinics. According to world bank, from 2006 to 2014, the per capita income of Nepal was increased by \$ 327 to \$ 426.48. At present, we can see an increase in burden on patients who need oral hypoglycemic agents and insulin therapy everyday to fight with diabetes. Only few studies were carried out in Nepal stating the cost of initial visit to doctor along with laboratory investigations and treatment [costs around Nepalese Rupee 3000 to 4500 (\$20 and \$35), which doesn't include personal and travel cost] which patients have to bear by themselves. Though the tertiary centers are located at the center of the capital, most of the patients visiting government hospitals are from remote and nearby villages, who visit tertiary centers not for an initial presentation but with complications and the financial burden on the patients was increased more with screening for diabetes retinopathy, nephropathy, peripheral vascular disease, diabetes foot examination and use of insulin therapy.

### Biography

Dipak Mall has completed his MBBS from Peoples Friendship University of Russia in the year 2004 and MD from Yangze University of China in the year 2015. After completion of his graduation, he started working in the Department of Endocrinology in one of the tertiary centers in Kathmandu, Nepal. He, as a team member has been working to promote and encourage patients to have early detection of diabetes mellitus and to prevent the complications.

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