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Effects of diabetic education on body mass index, fasting blood sugar and knowledge gained by diabetic patients in central hospital Nampula**Madhumati varma**

Central Hospital Nampula, Mozambique

Background: Mozambique has 274,700 diabetic patients and 9716 deaths due to diabetes, according to a report of 2015 (IDF 2015). There is a poor knowledge of non-pharmacological treatment of diabetes mellitus among the diabetic population.

Methods: This is Interventional study, 648 of the participants of diabetes mellitus in out-patient diabetic clinic in hospital central Nampula, the participants taken according to inclusion and exclusion criteria, completed the pre-test at baseline and post-test after the second follow up session of education, during each session of education body mass index and fasting blood sugar were recorded. Education commenced with instruction in groups of each session followed by individual advice sessions for each patient with different specialists.

Results: The present study found that educational intervention of diabetes was highly effective to gain knowledge of diabetes compare pre-test and Post-test score ($P < .001$), fasting blood sugar and body mass index significantly decreased from baseline in the second follow up ($P < .001$). Age was significantly correlated with body mass index and fasting blood sugar ($P < .001$), Posttest with body mass index and fasting blood sugar was significantly correlated ($P < .01$). A post hoc Turkey test on body mass index when compared with fasting blood sugar found significantly ($P = .05$) at baseline, at first follow up ($P = .005$) and at second follow up ($P = .005$).

Conclusion: The present study found that educational intervention was highly effective in controlling body mass index, fasting blood sugar and improves knowledge of diabetes among participants of diabetes mellitus.

Biography

Madhumati varma, Assistant Professor is an Indian, unmarried, medical doctor, and research scholar. She was born on 22 December 1958 in Khargoan, Madhya Pradesh, India. Her father is Dr. L.T. Varma is reputed, respected, successful medical professional, mother late Laxmi Varma was a very intelligent housewife and has a pretty sister Miss Pushpa is professional Artist. Dr. Madhumati Varma has been working with the Ministry of health, Mozambique as Consultant Internist and Diabetologist since 2005 and part time Assistant professor of medicine in Unio Lurio, Faculty of medical science since 2009.

madhumativarma@gmail.com

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