

Indian diabetes risk score - step 2 for detection of type 2 diabetes mellitus

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Introduction: Type 2 diabetes now being identified in younger age groups. This underscores the need for mass awareness and screening programmes to detect diabetes at an early stage and age.

Aim: So purpose of the study is to find risk of type 2 diabetes mellitus at an using IDRS. To assess Random Capillary Blood Glucose (RCBG) in students having high IDRS score.

Methods: Students of Medical College will be screened using IDRS after scoring them they will be categorised into mild, moderate and high risk group. In students who are having score more than 50, Random Capillary Blood Glucose (RCBG) will be assessed with the help of glucometer.

Results: We have assessed 403 students till now. It was observed that 9% ,36 % & 55% students in high, Moderate & Low risk group respectively for developing type 2 D.M. Mean