Stress and its role on diabetes type 2 patients living in Nairobi, Kenya

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**Statement of Problem:** Stress is a body's way of responding to harmful situations. It could be positive, if short-term, where it helps achieve targets or negative especially if chronic leading to depression which leads to complications. Research has shown there is a link between stress and development and exacerbation of diabetes type 2. This is partly due to release of cortisol hormone which antagonizes the action of insulin when exposed to a stressful situation. This affects glucose metabolism and utilization and hence variable sugar levels that have an impact on the management of diabetes. Stress also affects adherence to medication and hence poor prognosis of the disease. The aim of this study is to determine if healthcare workers especially pharmacists educate their patients about stress and its role in diabetes type 2. Achieving optimal health outcome measured by quality-adjusted life year is the role of a pharmacist.

**Methodology and Theoretical Orientation:** A cross-sectional study will be used and pharmacists both in the private and public health sectors will be interviewed. This will be particularly conducted in Nairobi, Kenya.

**Conclusion and Significance:** Diabetic patients are exposed to stressful situations every day including the burden of taking medications for the rest of their lives. Identifying these stressors and educating patients is the responsibility of the healthcare team and especially pharmacists who are in constant contact with the patients. Pharmacists, therefore, must play a role to reduce mortality and morbidity associated with the impact of stress on diabetes.

**Biography**
Justus Ngoje Owiti is a pharmacist, he registered with the Pharmacy and a member of the Pharmaceutical Society of Kenya he is an alumnus of Kenyatta University and also passionate about the profession of pharmacy especially pharmaceutical care. He interned at Kisumu County Hospital, Dawa Pharmaceuticals and Nilson Pharmacy. Currently he is in the division of Malaria Control under the Ministry of Health.

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