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Biography

Orlando Leite de Carvalho has completed his Medical College from Amazon Federal Medical College, and he was specialist in Endocrinology from Gama Filho University. He is the Director of Santa Marcelina Hospital, Porto Velho. He is the Coordinator of The State Service of Endocrinology, Diabetic Foot Service Coordinator, Professor of Medical School São Lucas, Porto Velho, Rondônia, Amazon, Brazil.

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DIABETES MELLITUS AND LEPROSY: NEW EDUCATION PROTOCOL IN FOOT AT RISK AT THE SANTA MARCELINA HOSPITAL, AMAZON, BRAZIL

Objective: To apply an intensive and multidisciplinary education protocol to decrease, improve, delay or cancel the beginning of neuropathy and the manifestation of lesions in diabetic patients.

Methodology: This is a cross-sectional descriptive study carried out at the Diabetes Mellitus Outpatient Clinic and ward of Santa Marcelina Hospital in Porto Velho. This research was based on cases of patients with Diabetes and Diabetics with Leprosy. The criteria used to include the patients were: being treated with insulin therapy, not to be amputated, being on high medication of the leprosy now of the evaluation and to present nutritional risk classification by the screening. The population was divided into two groups of fifteen patients: eight diabetic patients, four male and four females. Seven diabetics associated with leprosy were free males and three females.

Results & Discussion: Group A, called the intensive care group, began diabetes education work with medical, nutritional and rehabilitation guidelines by a multidisciplinary team. Group B, called conventional care, received the same guidelines in outpatient care and the monitoring followed the quarterly protocol. Both groups were evaluated and reassessed for a period of 180 days in the outpatient clinic. Group A consisted of eight (100%) patients, four (50%) diabetics and four (50%) diabetics and leprosy patients.

Conclusion: This research highlights, once again, the importance of integration among the specialties. Therefore, experimental models of multidisciplinary clinic outpatient of clinics should be encouraged in clinical practice to promote a more comprehensive care on different functional aspects. Intensive education in diabetes showed an improvement in the sensitivity, healing and nutritional status of the patients, leading to an improvement in quality of life and disability, reducing or delaying the inception of neurological complications. The intensive form of the protocol demonstrated a 100% improvement in patients in group A.



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