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## Impact of intensive counselling therapy in uncontrolled type-2 diabetes mellitus patients on improved quality of life

**Zankhana Shetty, P S Lamba, H Sudhindra Kulkarni and Shweta Budya**

Fortis Hospital, India

A total of 91 subjects (46 control and 45 interventional), were studied for the three months for observing the effect of intensive diabetes education on quality of life (QOL) in patients with uncontrolled type 2 diabetes mellitus. Intensive diabetes education and counselling was given to subjects of the interventional group. Subjects of the control group were giving routine treatment and no counselling was offered. A quality life questionnaires and knowledge, attitude and practice (KAP) questionnaires was administered at baseline and at the end of the study (three month). Metabolic control like fasting blood glucose, post prandial blood glucose and glycosylated haemoglobin was assessed at baseline and at the end of three month. There was overall improvement in KAP score of the interventional group as compare to control group. Knowledge score improved from  $10.9 \pm 2.5$  to  $13.5 \pm 2.6$ , ( $p=0.005$ ), attitude score was  $1.13 \pm 0.9$  to  $2.7 \pm 1.04$  ( $p<0.001$ ) and practice score  $1.6 \pm 1.01$  to  $3.2 \pm 1.3$  ( $p=0.004$ ) at the end of three month. Quality life score also improved significantly in interventional group as compare to control group at the end of three month. Satisfaction score improved from  $15.6 \pm 5.1$  to  $20.8 \pm 6.2$  ( $p=0.001$ ) attitude scale  $24.6 \pm 8.4$  to  $30.4 \pm 5.6$  ( $p=0.004$ ), diet and exercise management  $9.8 \pm 2.5$  to  $11.9 \pm 2.3$  ( $p=0.042$ ), health status  $7 \pm 2.2$  to  $11.8 \pm 1.7$  ( $p=0.004$ ), psychological wellbeing  $9.9 \pm 2.9$  to  $10.8 \pm 2.2$  ( $p=0.045$ ). There was no significant improvement in self-management of diabetes at the end of three month ( $p=0.062$ ). Metabolic control improved significantly after three months. Fasting blood glucose and post prandial blood glucose improved from  $182.5 \pm 42.1$  mg/dl to  $136.3 \pm 9.08$  mg/dl ( $p=0.001$ ),  $267 \pm 56$  mg/dl to  $182 \pm 43.3$  mg/dl ( $p=0.001$ ) respectively. Glycosylated haemoglobin significantly improved in interventional group  $9.4 \pm 1\%$  to  $8.2 \pm 1.3\%$  ( $p=0.001$ ).

### Speaker Biography

Zankhana Shetty is a qualified dietician and diabetes educator. She completed MSc in nutrition, and she is a certified diabetes educator CDE. She is working in JCI Accredited Fortis hospital from 2007. Her specialty is diabetes counselling and she had 11 years of experience in this field. she counselled patients on different aspect on diabetes management like foot care, diet, SMBG, hypoglycaemia, insulin techniques and psychological counselling she successfully running diabetes support group Sweet Buddies from last 6 years.

e: zankhana.doshi@gmail.com

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