

Diabetes home care management with special reference to glycaemic control and lipid profile

L.Kamala Devi, N. Surbala Devi, M. Amuba Singh and Th. Premchand Singh

Regional Institute of Medical Sciences, India

Diabetes mellitus is a global problem so there is an urgent need for education related to Diabetes Home Care Management and prevention of diabetic complications. The study was conducted in the RIMS, Imphal, comprising 300 diabetic patients (150 each as study and control), by Randomized Controlled Trial (RCT) method. Administration of Interview Schedule and Teaching Module were conducted among the study group in the first assessment. Only Teaching Module was conducted after 6 months. For control group, administration of Interview Schedule in the first assessment, after one year the last assessment was done with Proforma and Interview Schedule. HbA1c was found reduced in both study and control group from the 1st assessment to 2nd assessment which was statistically significant in the study as well as in control group. In the study the total cholesterol, LDL-C and Triglyceride were significantly decreased by 13.4 mg/dl, 8.7mg/dl, and 13.2 mg/dl respectively except HDLC which is increased by 0.5 mg/dl in study group from 1st assessment to 2nd assessment. In control, total cholesterol, LDL-C and Triglyceride were increased by 6.9 mg/dl, 5.3 mg/dl and 0.2mg/dl respectively except HDLC which is decreased by 2.3mg/dl from 1st assessment to 2nd. This study shows improvement in glycaemic control and diabetic complications among the study group who received intervention with Directed Diabetes Home Care Management compared to the control group without intervention.