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Diabetes: A screening method that increased patient awareness of risk for diabetes

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Background: Diabetes is a global problem. According to the WHO (2014) the global prevalence of diabetes was estimated to be 9% among adults aged 18+ years. In 2012, an estimated 1.5 million deaths were directly caused by diabetes. Of note, more than 80% of diabetes deaths occur in low- and middle-income countries. It is predicted that diabetes will be the 7th leading cause of death in 2030. In the US, The Centers for Disease Control and Prevention (CDC) has estimated that 1 of every 3 adults had pre-diabetes in 2010. Of concern is that the vast majority of people living with pre-diabetes do not know they have it. Without lifestyle changes to improve their health, an estimated 15% to 30% of people with pre-diabetes will develop type 2 diabetes within 5 years.

Purpose of the study: Examine the use of a 7 item Pre-Diabetes Survey to identify “at risk” patients and their response. Simple screening methods may lead to increased use and may increase patient awareness.

Methods: A cross sectional study of overweight men and women in a weight loss clinic in Southern California was conducted with 50 volunteers. Using venipuncture, HgbA1c was assessed as patients were identified high risk based on the Pre Diabetes Survey. Follow up consultation and responses were collected over four months.

Results: The survey was successful in identifying abnormal HgbA1c levels. Patient responses included weight changes of 6-30 pounds, significant reductions in HgbA1c and increased activity. Implications for clinical practice will be discussed.

Biography

Kathy Shadle James is a Nurse Scholar recognized internationally for her work in Childhood Obesity. She has a Doctorate in Nursing and is a family and women's health Nurse Practitioner. She is an Associate Professor of Nursing at the University of San Diego and a Fellow of the American Academy of Nurses and an International Fellow of the World Obesity Federation. Her expertise has advanced the care of families in obesity prevention/intervention through workshops for hundreds of allied health professionals globally. She has over 20 years of clinical experience working with children and adults with obesity problems and is dedicated to improve the quality of life of underserved families facing the challenges of childhood obesity.

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