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The journey of a researcher in a diabetes clinic: Expectations vs reality

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Since type 2 diabetes (T2D) is critically prevalent worldwide, recent research has been focusing on the at-risk population to prevent or delay the development of their diabetes by lifestyle interventions or some medications. Clinical trials and researches are robust sources for evidence and knowledge that help inform the policies and practices of the healthcare system. In theory, conducting robust clinical research is a matter of developing a strong proposal and following it through. However, the reality of conducting a research is a complicated process involving many obstacles that challenge the researcher from start to finish. In this paper, we aim to describe the challenges we came across throughout our study where we aimed to evaluate the efficacy of utilizing connected health technology to self-manage T2D and how we were able to manage them. We provided a brief overview of our study's design, location and pragmatically discussed the challenges as they arose.

Biography

Hayat Mushcab completed BSc in Health Information Management & Technology from King Faisal University. She achieved her MSc in Computing and Intelligent Systems from the University of Ulster. She is currently in her final year of PhD studies in the field of Telehealth/Telemonitoring and Connected Health at the University of Ulster in the Faculty of Life and Health Sciences. She has 2 publications in international journals.

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