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Cognitive Effect of Standardized group education programme in Diabetic population

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Background and Aim: The prevalence of diabetes in India has reached alarming levels with 8.7% of the population affected as of 2015, which is expected to double in the future. The reasons for the rapid increase in the prevalence of diabetes include genetic predilection of the Indian population, economic boom, sedentary lifestyle, inadequate follow-up and lack of disease awareness. The aim of the study was to overcome the self-care deficit which would help patients to be more compliant and better in managing their illness.

Methodology: The study was conducted at weekly diabetes clinic at AIIMS, Rishikesh, in which, 200 patients participated. Two sessions, each of 60 minutes were conducted fortnightly. The patients were educated by trained personnel using a specially designed module in patients' own language. Each group consisted of 10- 15 participants. Participants were tested at the beginning and after the educational programme using a 10 item

questionnaire. Data were analyzed using MS Excel 2010. The paired t-test was used to find any significant difference between pre and post-test score. Average learning gain was computed by $\text{Pre-post} / 10 - \text{pre} \times 100$.

Results: A significant improvement in test scores after education session was noted. Average learning gain was $77.98 \% \pm 23.27 \%$ after the group education. Sixty-four percent participants demonstrated more than 75% learning gain.

Conclusion and further scope: A dedicated group session programme implemented in an environment conducive to learning with specially designed module has a significant impact on patients' knowledge (64% participant's demonstrated more than 75% learning gain) about the cause and treatment of their disease. The study can be extended to see if it impacts behavior by tracing changes in glycemic control.

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