



Effect of Ramadan specific diabetes education on glycaemic control in patients with type 2 diabetes

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Abstract

Approximately 80-million Muslims with type 2 diabetes fast annually during Ramadan. This study aims to determine the effects of Ramadan Specific Diabetes Education (RSDE) on glycaemic control of patients with Type 2 Diabetes (T2DM). A prospective cohort study of 437 outpatients was carried out in the Abaseen Institute of Medical Sciences Sugar Hospital Pakistan from April to August 2019. A month before Ramadan, the intervention group of 238 subjects (54%) received one to one RSDE sessions. This was in addition to information leaflets; treatment adjustment plans and a questionnaire which were provided to the control group of 199 subjects (46%). International Diabetes Federation - Diabetes and Ramadan risk stratification guidelines³ were applied. Both groups had their HbA1c levels measured before and after Ramadan. The gender distribution and mean age (50 S.D. \pm 10 years) in both groups were similar. The mean reduction in HbA1c levels for the intervention and control group was (0.3 S.D. \pm 0.9) % and (0.7 S.D. \pm 1.5) %, respectively with (independent-samples t-test p-value $<$ 0.001). Based on the IDF-DAR risk stratification, the intervention group consisted of 82 (34%) low or moderate risk, 146 (61%) high risk and 10 (4.2%) very high-risk subjects. The mean reductions of HbA1c in these three groups were (0.0 SD \pm 0.0) %, (0.4 SD 1.0) % and (0.3 SD 0.8) %, respectively with (ANOVA test p-value $<$ 0.001). Post Ramadan, both groups showed reduction in HbA1c levels. The control group had a greater reduction which was statistically significant.



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Biography:

Dr Yusra Amanullah is a junior doctor currently working as a Foundation Year 2 at Queens Hospital Burton, University Hospitals of Derby and Burton Trust. She has completed her Foundation Year 1 training at University Hospitals of North Midlands (UHNM) 2018-2019. She graduated from Army Medical College, National University of Medical Sciences (NUMS) Pakistan in 2017. Dr Amanullah has strong communication and presentation skills, has conducted a quality improvement project/audit and has published a case report in