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Designing of Proforma to Study Diabetes Mellitus: A Systematic Approach

Vishwash Jain

Department of Peoples Research Center, Peoples University, India

Objectives: Diabetes mellitus has been recognized as a metabolic disorder presently troubling the world, posing a great socio-economic burden to many nations. Over the past two decades the worldwide prevalence of diabetes has risen from an estimated 30 million cases in 1985 to 177 million in 2000. The objective of this project is to increase diabetes awareness in terms of precautions, diagnosis and treatment.

Methods: In brief the data on diabetes complications and population study on the prevalence of diabetes is even scarcer. Thus, there is a need for development of an easy and precise questionnaire which will have enormous public health impact and help government plan makers to take action against diabetes in India. This study covers the rationale behind every question asked for better patient compliance and cooperation, so that diabetes cannot only be detected but monitored correctly and accurately without hit and trial of medication as per patients schedule and eating habits.

Results: Over the past two decades the worldwide prevalence of diabetes has risen from an estimated 30 million cases in 1985 to 177 million in 2000. 17 million deaths occur every year worldwide due to diabetes unawareness approximating to 2 in every 10 deaths. World Health Organization projects that diabetes will be the 7th leading cause of death affecting 360 million people by 2030. More than 80% of diabetes deaths occur in low- and middle-income countries like India, Bangladesh, Nepal, Pakistan etc.

Conclusions: It is estimated that 61.3 million people aged 20 - 79 years live with diabetes in India (2016 estimate), which is expected to increase to 101.2 million by 2030. However all of these data are based on small random studies done in some regions of country. Even a multicentre studies that have been done, have several limitations.