

Launch of Diabetic Care Plan with Interactive Indicator Software to Improve Patient Compliance



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BACKGROUND

- The global burden of type 2 diabetes (T2DM) is on increasing trend, particularly, in economically developing countries [1].
- According to latest data in 2021, 537 million adults (20-79 years) are living with diabetes - 1 in 10. This number is predicted to rise to 643 million by 2030 and 783 million by 2045.
- Over 3 in 4 adults with diabetes live in low- and middle-income countries with 33 million alone in Pakistan.
- It is not only one of the major burden of disease but also responsible for 6.7 million deaths in 2021 1 every 5 seconds globally while 400,000 deaths in Pakistan the highest number in the Middle-East and North Africa Region. [2]

OBJECTIVES

- To improve the patient compliance for diabetic treatment
- To monitor bloods such as HBAIc, albumin, creatinine, cholesterol regularly
- To Implement diary management for timely follow up
- To provide standardized diabetic education

RESULTS

Audit done on 405 patients came in Diabetic OPD clinics before implementation of diabetic care plan, while 369 patients have enrolled in diabetic care plan till January 2023

Male to female ratio: 1.05:1

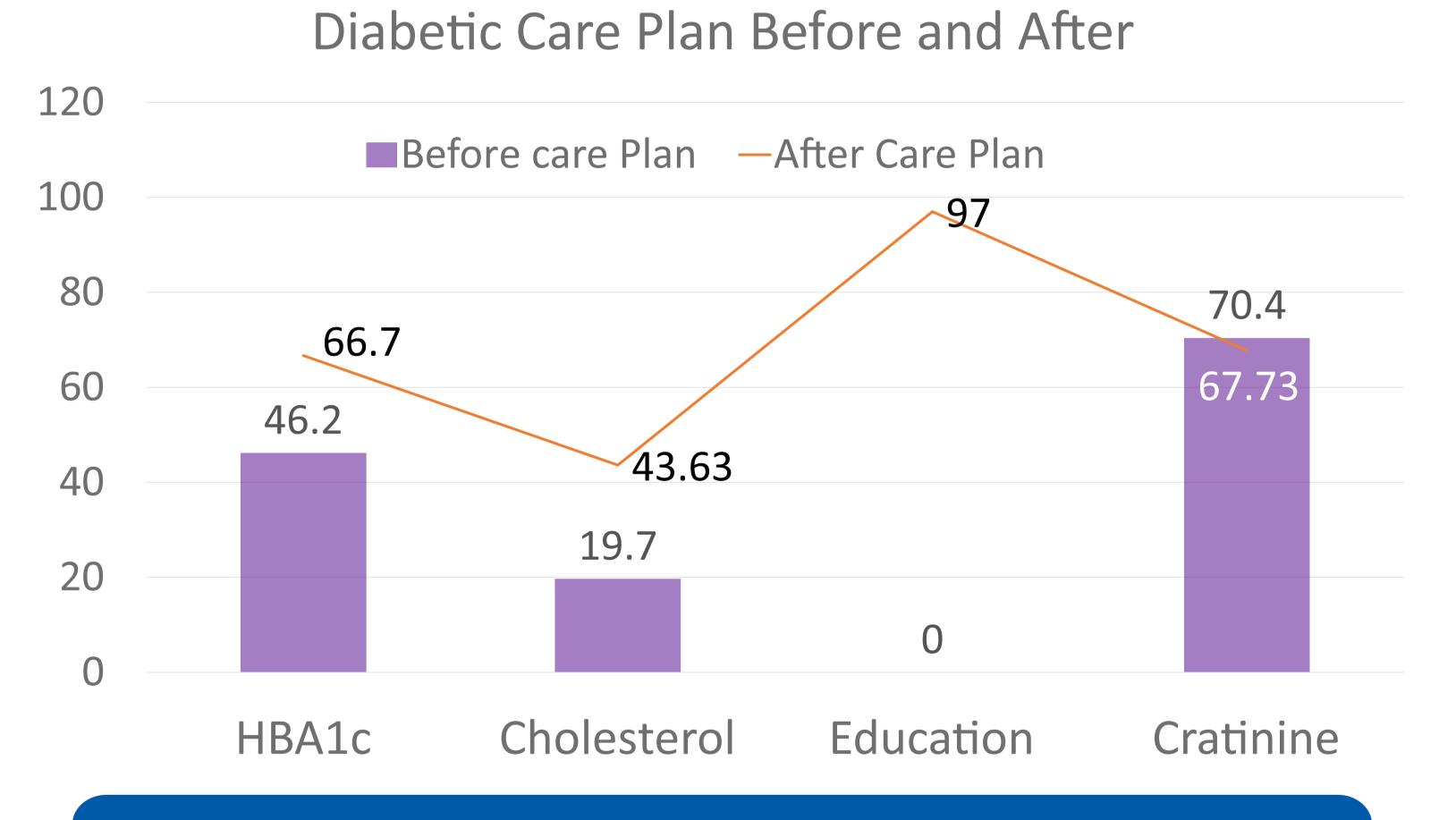
If we see the improvement trend among various indicators it shows marked improvement within 6 months of implementation of diabetic care plan

HBA1C= 20.5%
Education=100%
Cholesterol=24%

PLANNING/IMPLEMENTATION METHOD

The complication of diabetes and low compliance with treatment and education of patients compelled us to make a separate diabetic care plan,

- Audit was conducted in diabetic OPD clinic to evaluate the service utilization, treatment adherence, education of patients and follow up in clinics.
- After the results of audit, it was planned to formally establish a diabetic care plan in Shifa International Hospital
- Our team has created an interactive dash board for clinical team to monitor disease indicators and take actions accordingly and timely.
- This diabetic care plan was formally launched after the development of dash board in June 2022.



REFERENCES

- International Diabetes Federation IDF Diabetes Atlas. International Diabetes Federation. 5th. 2011. [Accessed 2012 July 15].

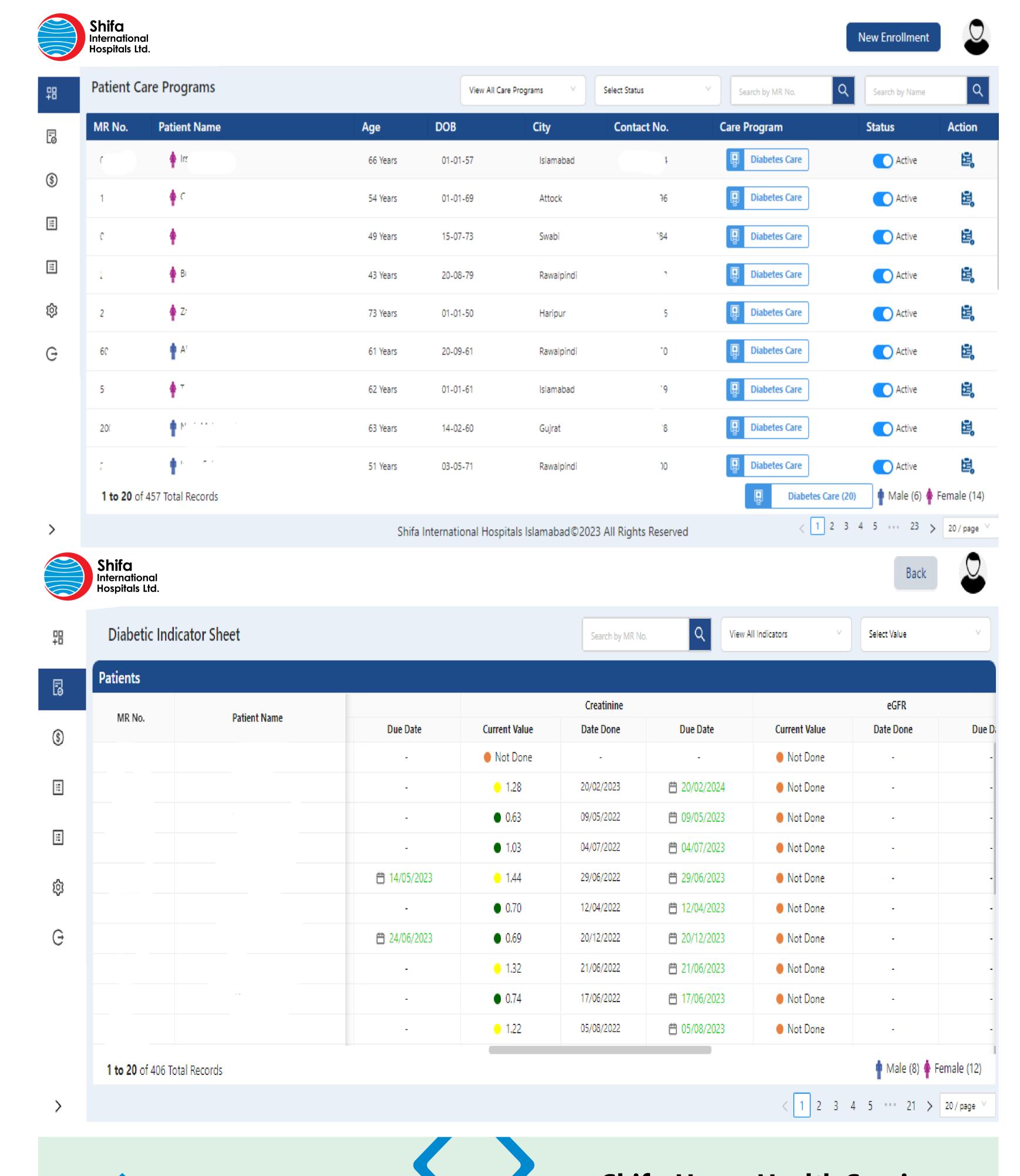
 Available: http://www.diabetesatlas.org/
- file:///C:/Users/eShifa/Downloads/WDD2021_PAKISTAN_PR_Final.pdf

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DIABETIC CARE PLAN DASHBOARD



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Proper Care & Monitoring Help to Manage Diabetes

CHALLENGES IN IMPLEMENTING AND SUSTAINING DIABETIC CARE PLAN

- Patient compliance: A diabetic care plan involves lifestyle changes and the adoption of new habits such as monitoring blood glucose levels, adhering to a diet plan, and taking medication as prescribed, affected by cost of care and education of patients
- Lack of resources: Access to resources such as diabetes educators, nutritionists, and specialized clinics can be limited in some areas
- Low Socio economic status: Though eshifa is providing free diabetic care plan with discounted rates on blood tests still patients may struggle to afford these expenses, leading to noncompliance
- Multidisciplinary approach: Managing co morbidities associated with diabetes can be complex and require a multidisciplinary approach.
- Cultural and linguistic barriers: As Diabetes affects people from all backgrounds, but language and cultural barriers can make it difficult for some patients to access and understand information about diabetes care
- Provider education and communication. Lack of continuous training for diabetes and communication skills

FUTURE PERSPECTIVE

Diabetic care plan improves the process of diabetic care and patient's compliance towards treatment and education. Future perspective includes following,

- Interactive patient app
- Remote patient monitoring device integration
- Development of diabetes education program for health care providers

