INTRODUCTION

NEED OF STUDY

Diabetes mellitus is a group of metabolic disorder characterized by increased level of glucose in blood. (Hyperglycemia) resulting from defects in insulin secretion, insulin action or both. Insulin is a hormone that helps body cells to absorb glucose so it can be used as a source of energy. In people with diabetes glucose level builds up in the blood and urine, causing excessive urination, thirst and problems with fat and protein metabolism.

“WORLD DIABETES DAY” raises global awareness of diabetes. Its escalating rates around the world and how to prevent the illness in most cases. Started by the international Diabetic federation (IDF) and WHO, the day is celebrated on 14th November, to mark the birthday of FREDERICK BANTING, who along with CHARLES BEST, was instrumental in the discovery of insulin in 1922, ‘A LIFE SAVING TREATMENT FOR DIABETES PATIENTS’.

People with diabetes need to monitor their blood glucose, take medications, exercise regularly and adjust their eating habits. Furthermore, they may have to face issues to living with the complications of diabetes and may need to make considerable psychological adjustments.

Although the AMERICAN DIABETES ASSOCIATION (ADA) recognizes 11 different classifications of the disease, most of these types are rarely encountered in routine nursing practice. The two most common types of diabetes are classified as Type-1 [Insulin dependent] and Type-2 [Non-insulin dependent], gestational diabetes, pre-diabetes and secondary diabetes are other classifications of diabetes is commonly seen in clinical practice.

Type-1 Diabetes mellitus is most often occurs in people who are under 30 years of age, with a peak onset between 11 and 13, but it can occur in any age. It is characterized by destructions of pancreatic beta cells, leading to absolute insulin deficiency.

There are no known health promotion activities to prevent Type-1 diabetes
mellitus; however, regular exercise and adherence to prescribed diet may limit the developments of complications. In some high risk individuals, are screened and appropriate counseling and follow up are instituted.

Health maintenance activities involve maintaining blood glucose level, preventing hypoglycemia and hyperglycemia with stress and preventing complications.

Health restoration activities includes prompt treatment of foot abrasions or infections, follow-up visits to assess for complications of diabetes mellitus and to reinforce teaching needs, yearly fundoscopic examinations by an ophthalmologist and treatment of co-existing risk factors. Client with Type-1 diabetes do not produce enough insulin to sustain life. So exogenous insulin is administered for survival.

Type-2 diabetes mellitus is mainly characterized by insufficient insulin production or poor utilization of insulin by the tissues. Obesity is the major risk for diabetes mellitus.

Health promotion actions for Type-2 diabetes mellitus includes, eating habits based on “food-guide pyramid”, avoiding food high in refined sugars and saturated fats. Maintaining ideal body weight, exercising regularly, returning to pre pregnancy or ideal body weight post-partum.

As a treatment of type-2 diabetes mellitus, oral hypoglycemic agents are used after nutrition and exercise therapies have failed.

For the health maintenance of patients with type-2 diabetes mellitus following activities should be done: screening high risk individuals, performing foot care daily, preventing hypoglycemia and hyperglycemia and closely monitor blood glucose level.

For Health Care Providers, it is a call to improve knowledge so that evidence based recommendations are put into practice. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its complications.

“There is an important role of NURSE to help people understand the risks and set realistic goals to improve health”.
WHO estimates that more than 180 million people worldwide have diabetes, according to 2005, this number is likely to be more than double by 2030 without intervention. Almost 80% of diabetes deaths occur in low and middle income countries.

The theme for “WORLD DIABETES DAY” for 2009-2013 is: “Diabetes education and prevention”. This broad and long term theme will allow all diabetic stakeholders to take part in the campaign. The broadest possible alliance of stakeholders is required to make World Diabetes Day a global success.

World Diabetes Day 2011 makes the release of the International Diabetes Federation (IDF)’s 5th edition of the diabetes atlas. New figures indicate that the number of people living with diabetes is expected to rise from 366 million in 2011 to 852 million by 2030, if no urgent action is taken. This equates to approximately three new cases every ten seconds or almost ten million per year. IDF also estimates that as many as 183 million people are unaware that they have diabetes.