

SEMINAR : MDES CONFERENCE 2019

DATE : 29 – 31 MAC 2019

VENUE : BERJAYA TIMES SQUARE, KUALA LUMPUR

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1. According to WHO's NCD Country Profile 2018, NCD accounted for 74% of all mortality in Malaysia, with diabetes contributing 3%. This 3% may seem low in number but people with diabetes die mainly from the main complication of diabetes that is cardiovascular disease.
2. Since health is everyone's responsibility, thus in 11th Malaysia Plan 2016-2020, the private sector was encouraged to carry out corporate social service (CSR) programmes & to collaborate with the government in research & development, which include health screening, early health interventions. Community empowerment & participation in health promotion programmes were strengthened to address NCD risk factors.
3. Based on American Diabetes Association – Standard Medical Care of Diabetes 2019 will more focus on Patients Centered Care by improving care & promoting health in population, comprehensive medical evaluation and assessment of comorbidities. Goal of care are mainly to prevent complications and optimize quality of life. Lifestyle management & support of nutritional therapy, physical activities smoking cessation & psychosocial issue will be looked into.
4. Individualized HBA1c target should be considered and specific factors that impact choice of treatment such as hypoglycemia, weight management, complexity of regimen i.e frequency, mode of administration and so on. Empowers, involves an educated patient & caregiver with effective consultation includes goal setting, shared decision making to create a management plan.

5. Re-educate & enforcement on insulin technique during follow up also suggested by the medical expert and prospective study which was carried out at Mahmoodiah Health Clinic Johor Bahru in 2018 in order to improve long term glyceic control among patients with T2DM.
6. SMBG is an important component of modern diabetes management. The result of SMBG provide accurate glyceic data, which can translate into meaningful & actionable information for both patients, caregiver & healthcare professional.

In Summary :

Diabetes affects the quality of life. It is essential to empower individuals living with diabetes and their caregivers with self-care skills to manage diabetes. These include self-injection, SMBG, good eating habits, adequate exercise & compliance to medications. Self management education should be offered at an early stage of diagnosis to prevent diabetes complications in long run.