

DIABETES

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Abstract: It has been estimated that the global burden of type 2 diabetes mellitus (T2DM) for 2010 would be 285 million people which is projected to increase to 438 million in 2030. It is estimated that total number of people with diabetes in India will rise to 87 million by 2030. However, the status of diabetes control in India is far from ideal. This has resulted in several complications. Moreover, majority of the times, the disease is diagnosed and managed only when complications arises. In this scenario it becomes increasingly necessary to explore the existing situation, problems with regard to managing diabetes, possible solutions and the scope of a nurse in this regard. It is also interesting to note that diabetes related national data is lacking and also there is a lack of streamlined approach in care of Type 2 diabetes mellitus. Being a disease which can be managed in the primary care setting, it is often seen that a major chunk of patients are being treated in high tech tertiary care centers which in turn affects the family budget and national productivity. Considering the fact that the care provided by nurses can be delivered in an outpatient setting, and at primary care level, nurses should explore their scope of practice with regard to this approach which would not only reduce the number of hospital visits, but also reduce expenditures particularly on diabetes complications.