

THE EFFECTIVENESS OF EDUCATIONAL PROGRAM INTERVENTION ON DIABETES CONTROL DURING RAMADAN





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BACKGROUND:

The Northern District of Meuhedet Healthcare serves 11,330 diabetic Arab Muslims. The majority of them fast in Ramadan (abstain from eating and drinking from dawn to sunset for one month every year). International diabetes foundation guidelines¹, supported by religious scholars, define which patients can fast and provide tools for diabetic treatment modification before and during Ramadan in order to prevent fasting related complications. Guideline implications should be made by a physician specializing in diabetic care or a diabetic nurse practitioner (NP-diabetes)

All patients with diabetes who wish to fast during Ramadan should undergo medical assessment and engage in a structured education program about fasting as safely as possible². Ramadan-focused education was shown to be beneficial in reducing hypoglycemia³. Despite those instructions, most diabetic Muslims fast in Ramadan without guideline-based preparation expose themselves to fasting related complications. Patients with poor glycemic control who have HbA1c>9.0% are a high risk group for complications in Ramadan.

OBJECTIVE:

To evaluate the effect of engaging diabetic patients with HbA1c > 9.0% in a Ramadan focused program.

METHODS:



- District diabetes forum
- Religious
 leadership
 advisory board
- Medical expert advisory board



Patient Education

- Online Educational
 Radio program
- Facebook Video
- Diabetic MobileClinic

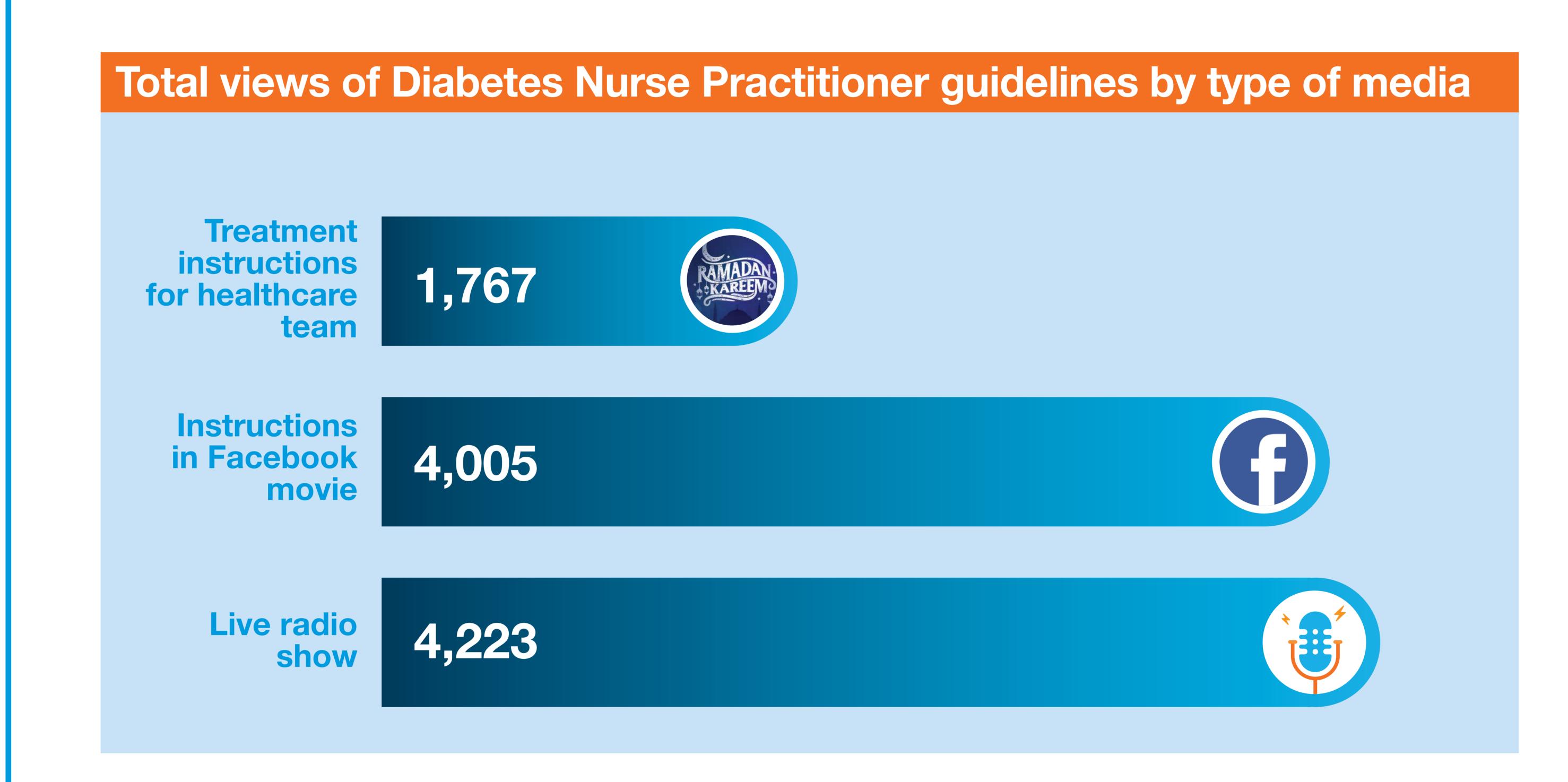


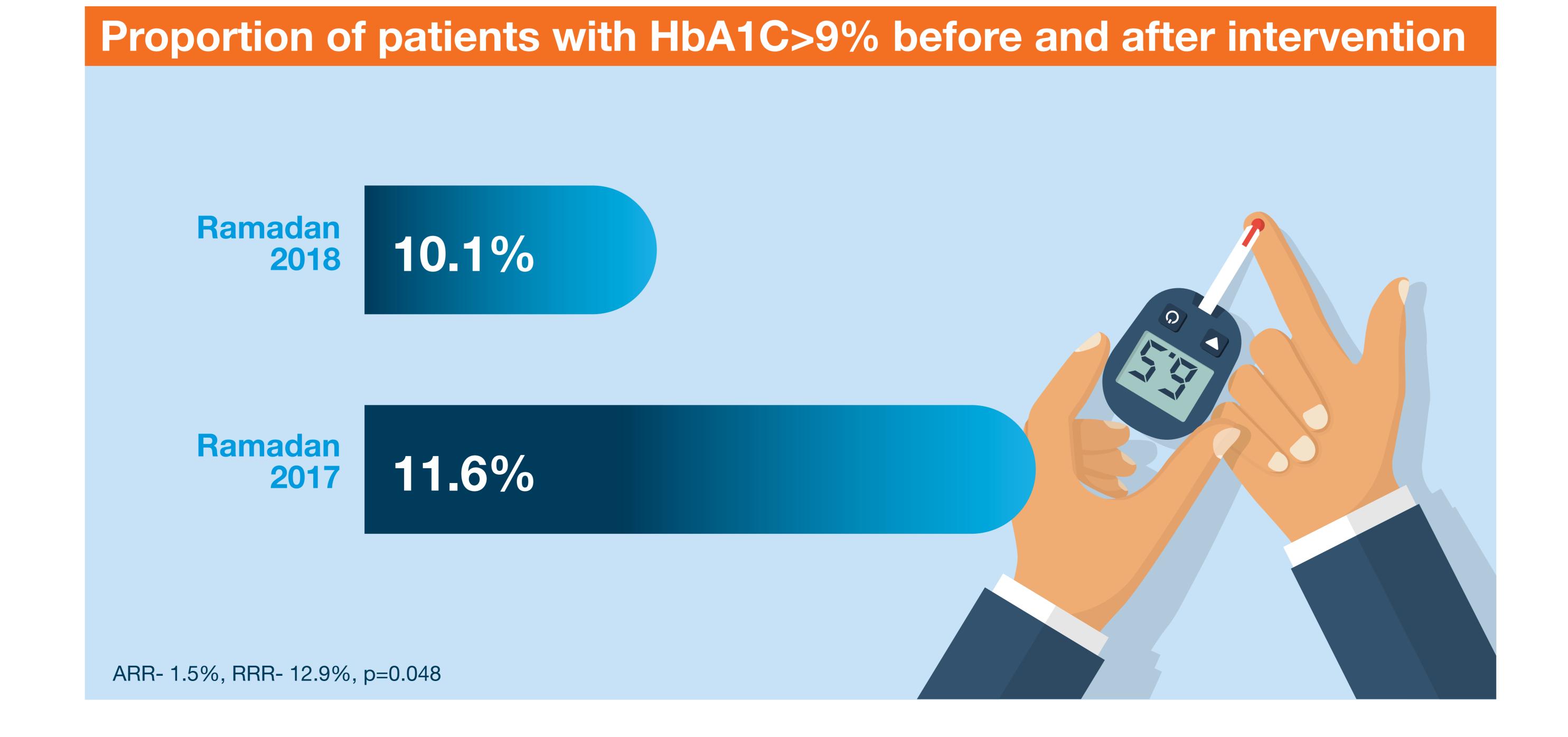
Healthcare
Team Education
and Support

- "Diabetes School" for primary physicians
- Case study analyses
- Expert telephone counseling for team

RESULTS:

- No cases of severe hypoglycemia were reported compared with 9 reported the previous year
- Healthcare team collaboration and satisfaction improvement
- Primary physicians and nurse use of telephone counseling was high initially and decreased over Ramadan month.





CONCLUSIONS:

- The program appears effective in reducing severe hypoglycemia
- Improving involvement and communication among the whole clinical staff has a major effect on the treatment quality.
- Educating the patients about their illness and empowering them has led to better cooperation with the medical staff and treatment outcome.
- Taking into consideration cultural and religious aspects in the treatment approach has led to better patient co-operation and improvement in their medical status.

RECOMENDATIONS:



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