

Title: To identify the importance of telemedicine in diabetes and its impact on hba1c.

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Abstract

A promising approach to healthcare delivery, telemedicine makes use of communication technology to reach out to remote regions of the world, allowing for beneficial interactions between diabetic patients and healthcare professionals as well as the provision of affordable and easily accessible medical care. The emergence of contemporary care models, fueled by the pervasiveness of mobile devices, provides better information, offers low cost with the best possible outcomes, and is known as digital health. It involves the integration of collected data using software and apps, as well as low-cost, high-quality outcomes. The goal of this study is to assess how well telemedicine works for diabetic patients and how it impacts their HbA1c levels. A questionnaire-based survey of 300 diabetics included 150 patients in each of the groups receiving usual care and via telemedicine. A descriptive and observational study that

lasted from September 2021 to May 2022 was conducted. HbA1c has been gathered for both categories every three months. A remote monitoring tool has been used to assess the efficacy of telemedicine and continuing therapy instead of the customary three monthly meetings like in-person consultations. The patients were (42.3) 18.3 years old on average. 128 men were outnumbered by 172 women (57.3% of the total). 200 patients (66.6%) have type 2 diabetes, compared to over 100 (33.3%) candidates for type 1. Despite the average baseline BMI being within normal ranges at 23.4 kg/m², the mean baseline HbA1c (9.45 1.20) indicates that glycaemic treatment is not well-controlled at the time of registration. While patients who use telemedicine experienced a mean percentage change of 10.5, those who visit the clinic experienced a mean percentage change of 3.9. Changes in HbA1c are dependent on several factors, including improvements in BMI (61%) after 9 months of research and compliance with healthy lifestyle recommendations for diet and activity. More compliance was achieved by the telemedicine group. It is an undeniable reality that patient-physician communication is crucial for enhancing health outcomes and avoiding long-term issues. Telemedicine has shown its value in the management of diabetes and holds promise as a novel technique for improved clinical-patient communication in the twenty-first century.

NOTE: Abstract is from approved thesis of my Own

in Cardiff university MSc programme

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Biography:

Dr. Sania Bashir, a passionate, dedicated Lady, Gold Medalist, received 15 medals for distinction after completing her MBBS in Karachi, Pakistan. Her thesis, "Telemedicine and Diabetes Management," awarded her a Distinction and a Higher Achiever medal from Cardiff University in the UK, where she finished her MSc in Diabetes. She is the founder of Diabetes TeleCare, Pakistan's first telemedicine portal, which offers specialised diabetes management using a mobile app. She spoke as the founder of Diabetes TeleCare at numerous international conferences.

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A handwritten signature in black ink, appearing to be 'S. Bashir', written in a cursive style.