

Improving Health Care Service Provided to Type 1 Diabetic Patients by Revisiting Health Education

Thesis

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List of Abbreviations

Abb.	Full term
ACE.....	Angiotensin-converting-enzyme
ACEI	Angiotensin-converting-enzyme inhibitor
ACh	Acetylcholine
ADA	American Diabetes Association
AIIRA.....	Angiotensin II receptor antagonist
ALT	Alanine aminotransferase
AST	Aspartate aminotransferase
BMI	Body Mass index
BP	Blood Pressure
CGM.....	Continuous glucose monitoring
Creat.	Creatinine
CSII	Continuous Subcutaneous Insulin Infusion
CVD	Chronic Vascular Disease
DAFNE.....	Dose Adjustment for Normal Eating
DCCT	Diabetes Control and Complications Trial
DKA	Diabetic ketoacidosis
DM	Diabetes mellitus
DMP.....	Disease-management programs
DNA	Deoxyribonucleic acid
DSME	Diabetes self-management education program
FPG.....	Fasting plasma glucose
HbA1c	Glycated hemoglobin
HDL	High-density lipoprotein
HDL-chol	High density lipoprotein cholesterol
HNF-1	Hepatocyte Nuclear Factor 1

HNF-4.....Hepatocyte Nuclear Factor 4

List of Abbreviations (Cont...)

Abb.	Full term
IFG.....	Impaired Fasting Glycaemia
IGT.....	Impaired Glucose Tolerance
IPF-1	Insulin promoter factor-1
IQR.....	Interquartile range
ISPAD	International Society for Pediatric and Adolescent Diabetes
IZS	Insulin zinc suspension.
LDL.....	Low-density lipoprotein
LDL-chol	Low density lipoprotein cholesterol
MDI	Multiple Daily Injections of insulin
MODY.....	Maturity onset diabetes of the young
NE.....	Norepinephrine
NICE.....	National Institute for Health and Care Excellence
NPH	Neutral Protamine Hagedorn insulin;
NSP.....	Non-starch polysaccharides
OGTT.....	Oral glucose tolerance test
P1NP	Procollagen type 1 N-terminal propeptide
PED	Pediatric Education for Type 1 Diabetes
PNS.....	Parasympathetic nervous system
RR	Relative risk
s.Cholesterol.....	Serum cholesterol
s.TG.....	Serum Triglyceride
SES	Socioeconomic status
SMBG	Self monitoring blood glucose

List of Abbreviations (Cont...)

Abb.	Full term
SNS.....	Sympathetic nervous system
SPSS	Statistical Package for Social Science
T1DM.....	Type 1 diabetes mellitus
TC	Total cholesterol
TDEI	Total daily energy intake
TSH.....	Thyroid-stimulating hormone
VLDL	Very low density lipoprotein

Abstract

Our study showed that after the intervention program, the intervention group had a highly significant lower HbA1c and serum lipids (s.TG, s.Cholesterol and LDL-chol) as compared to the control group. While there was significant increase in HDL-chol level after the intervention program in the intervention group as compared to the control group.

Our study showed that after the intervention program, the intervention group had a highly significant decrease in the NO. of hospital admission , DKA attacks and frequency of hypoglycemia.

Our diabetes education programme was very effective as the results of our study indicate that diabetes education is positively associated with improvement in patient dietary plan, physical exercise, SMBG, lipid profile and HbA1c.

Our findings confirm the value of diabetes education in Diabetes clinic of Children' hospital Ain shams university, Egypt and warrants more attention in this area.

Keywords: Impaired Fasting Glycaemia- Interquartile range- Creatinine- Insulin zinc suspension- Chronic Vascular Disease- Diabetic ketoacidosis - Deoxyribonucleic acid- Glycated hemoglobin - High-density lipoprotein