



# Department of Clinical Biochemistry

UNIVERSITY OF KASHMIR

(NAAC Accredited grade "A")

SRINAGAR

## Celebrating World Diabetes Day 2023

On the eve of World Diabetes Day, The Department of Clinical Biochemistry, University of Kashmir organised an impactful event. The lead lecture on the occasion was delivered by the renowned endocrinologist of country, Prof (Dr.) M Asraf Ganai from SKIMS.

**Celebrating**

**WORLD DIABETES DAY** 14 NOV

**Free Consultation**

**Expert Speaker**

**Prof. Mohd Ashraf Ganie,**  
Dept. of Endocrinology,  
SKIMS, Soura

**Venue**

**Auditorium**  
Dept. of Biotechnology  
University of Kashmir

**Date & Time**

**14 November, 2023**  
**10:00 am**

**Organised by**  
**Department of Clinical Biochemistry, University of Kashmir**

### Background

Diabetes mellitus (DM) a serious long-term condition and one of the important chronic non-communicable diseases (NCDs) is galloping as a growing health challenge of the 21<sup>st</sup> century. The disorder results from a defect in insulin (hormone from pancreas

responsible for internalization of glucose in cells) secretion, insulin action, or both. Insulin deficiency or its ineffectiveness in turn leads to disturbances of carbohydrate, fat, and protein metabolism with chronic hyperglycemia (high glucose) as a predominant feature. This high blood glucose leads to acute or chronic consequences in terms of nephropathy (kidney dysfunction), retinopathy (eye disease), neuropathy (nerve disease), cardiovascular risk (heart attacks), foot ulcers and variety of infections. Although DM is categorized into type 1 diabetes (the body produces very little or no



insulin), type 2 diabetes mellitus (inability of the body's cells to respond fully to insulin), fibrocalculous diabetes (pancreatic stones) and gestational diabetes mellitus (high blood glucose levels during pregnancy), type 2 diabetes is the commonest one. Although many risk factors for diabetes include such as lack of exercise, overweight/obesity, and unhealthy eating family history can be modified but genetics, and age cannot be changed. Once DM is established it needs a planned and concerted effort of care givers on a longterm basis with dieticians, nurse practitioners, diabetes educators and diabetologists on the forefront. Realizing the gravity of burden of diabetes and the mismatch of diabetologist:patient ratios we need to rope in paramedics in the diabetes care. To mark World Diabetes Day, the International Diabetes Federation (IDF) this year has announced that the theme of World Diabetes Day 2020 will be ***the role of nurses in the prevention and management of diabetes***



## Why November 14<sup>th</sup>?

**World Diabetes Day (WDD)**, a globally celebrated event was proposed in 1991 by International Diabetes Federation [IDF] and the World Health Organization in response to growing epidemic of diabetes and escalating health threat posed by DM. November 14<sup>th</sup> marks the birthday of F. Banting who co-discovered insulin, in 1922 with Charles Best.



## Burden and projections of diabetes

### Global

DM has a major impact on the lives and well-being of individuals, families, and societies worldwide. The management including lifestyle changes, oral agents, daily insulin injections, constant monitoring and management of complications consumes immense amount of family income and is therefore expensive for the individual, family and the community as a whole.

The burden of DM is rising in any age group especially among youth with significant impact among racial and ethnic minorities. Besides the proportion of older people in our nation is increasing, and older people are more likely to have a chronic disease like DM.

The frequency of diabetes epidemic continues to escalate which is expected to affect 578 million adults with diabetes by 2030, and 700 million by 2045. India currently represents 49 percent of the world's diabetes burden, is home to 77 million diabetics, second highest in the world. Our data shows that 10-15 % adults may have DM in urban Kashmir. Although only 2% subjects among tribal (Gujjar and Bakerwal) population from J & K have DM but higher number of this population have prediabetes suggesting that this group may convert to frank DM unless Preventive measures are instituted.



## **India ICMR-INDIAB Study**

### **ICMR-INDIAB Study in J& K**

#### **Our Experience**

At SKIMS and AIIMS New Delhi many of our surveys show alarming rise of DM / pre-DM. Recently our group has published a study carried out in PCOS women where around 50% subjects have one or the other form of glucose intolerance. Among tribal studies of J & K, we also found 11.6% of population had prediabetes; a prevalence of 6.3% diabetes mellitus in general population and (1.3%) in tribal population of same geographical area of Jammu and Kashmir. Besides alarmingly, we observed that 96%

individuals with Diabetes mellitus/prediabetes were undiagnosed. These nervewrecking rates can be attributed to lack of awareness, westernization of lifestyle and scarcity of trained manpower cum health care facilities.



### **How to celebrate the event?**

The world diabetes day, a truly global event falls on Saturday 14<sup>th</sup> November, 2020. It will be celebrated to spread awareness about diabetes and the role of nurses in the prevention and management of diabetes. The quantum of diabetes care is still far from adequate in India. We do not have sufficient number of diabetologists and endocrinologists to curb the menace. The general physicians are generally managing diabetic care, and unfortunately specialised care and treatment is missing. The healthcare institutions should collaborate with highly qualified personnel from India and abroad who can provide training and education for multidisciplinary healthcare providers, including nurses. The lack of nurse-led models (Diabetes Specialist Nurses) for prevention and management of diabetes in countries like India is still missing thus adds more salt to the injury. The date is coming up in just a couple of days, people should keep an eye for an event (online) to participate with an aim to improve health outcomes, equip and update themselves with recent guidelines for self management, prevention and care of diabetes and associated complications. Several events are

being organized globally to promote the nursing profession, role of nurses in diabetes care etc. The events will incite attention and interest to explore the role of nurses in improving the quality of nursing care for diabetes patients, implementing diabetes nursing as a specialty and nurses to become more aware of the potential long-term complications of diabetes and least to keep you informed about the initiatives of other countries. Foot care, teaching of hypoglycemia management, insulin techniques, diet and exercise etc. can be tailored for an individual patient by his or her Nurse. Governments and policy planners should understand the role of nurses and accordingly arrange for generating such care givers.