

Feasibility Study of Nurse Led Diabetes Clinic (NLDC) in Hospitals and Communities:

A Systematic Review

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Abstract

The World Health Organization (WHO) estimates that nearly 200 million people all over the world suffer from diabetes and this number is likely to be doubled by 2030. India leads the world with largest number of diabetic subjects and being termed the "diabetes capital of the world". Every diabetic patient does not attend the hospital for follow up because visiting a hospital is expensive, time consuming and stressful. In proportion to number of patients with diabetes, specialists in diabetic care are very less. **As stated by Dr. Bannerjee in Times of India, Sep 16, 2013.**¹ Follow up cases can be taken care of by a specialist nurse or a clinic led by nurse in the hospital. Enough evidence is available where patients are more satisfied with the care given by nurses. **Methodology:** A systematic mixed approach is used. Studies which were published from Jan 2004 until Jan 2014 and were eligible according to the inclusion criteria included in this review. MEDLINE, EMABASE, Google and journals were referred. **Results:** A total of 206 articles were searched, from which 25 were included. **Discussion & Conclusion:** Studies are carefully appraised for quality and validity. The quality of selected review literature was moderate. It was found that India is running highest prevalence in the world, which demands immediate action for prevention and effective management of Diabetes. Studies also revealed that patient's satisfaction was higher when nurses provided first contact care for people wanting urgent attention. Patients' satisfaction with chronic disease management was also found to be higher with nurse led care. No studies on nurse led clinic are available from India where the need is urgent.

Keywords: Systemic review, Feasibility, Nurse Led Diabetes Clinic (NLDC), Prevalence

Background

Despite the efforts of the healthcare community to improve the quality of diabetes care, about 50% of people with type 2 diabetes do not reach their treatment targets, increasing the risk of future micro-and macro-vascular complications. It is currently estimated that 347 million people worldwide suffer from diabetes with more than 80% from low and middle income countries. In the past twenty years the global death rate from diabetes has doubled (**Lancet**)². WHO is predicting that this will increase by two thirds by 2030 (**WHO**)³

Global Morbidity and Mortality associated with Diabetes:

According to International Diabetes Federation (IDF) Report 2009 it was around four million deaths in the age

group of 20-79 years in 2010 accounting for 6.8% globally. IDF in 2006 reported >50 million diabetes people in South East Asia. (**Indian express, Wed Nov 14 2012**)⁴.

Diabetes in India: Diabetes has reached epidemic proportions worldwide. The World Health Organization (WHO) has commented there is 'an apparent epidemic of diabetes which is strongly related to lifestyle and economic change'. India leads the world with largest number of diabetic subjects earning the dubious distinction of being termed the "diabetes capital of the world". According to the Diabetes Atlas, 2006 published by the International Diabetes Federation, the number of people with diabetes in India is currently around 40.9 million which is expected to rise to 69.9 million by 2025 unless urgent preventive steps are taken. (**Mohan V,**

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