

## Follow-up care is integral for diabetes management

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**India is witnessing fast demographic changes which will soon result in a deluge of lifestyle disorders.**



In India, there has been an increase in the lifestyle related diseases such as diabetes as compared to communicable diseases like malaria, cholera and tuberculosis. While communicable diseases like malaria, cholera, can be managed with the help of proper treatment, there are lifestyle diseases which can be prevented if healthy active lifestyle is followed.

The sedentary lifestyle has become the primary reason behind the prevalent of chronic diseases among most of the working population. Many of these health-related issues was seen more in the older population earlier. But, these health issues are now starting to be more common among the younger populations, thus increasing the disease burden on the country at large. India is suffering from the dual challenge of increasing incidence of communicable and non-communicable diseases.

Millions of people are affected by type two diabetes, but most of them are unaware they have it, according to the American Diabetes Association. Globally, 14.2 million people between the ages of 30-69 years, die prematurely each year from diseases like heart attack, diabetes, and high blood pressure. With the busy lifestyle and work schedule, we are left with no time to keep a check on our body. In the face paced life, we tend to ignore early signs of disease, assuming it to be due to our hectic schedule. The inactivity and poor eating habits are causing a risk to our body leading to lifestyle related diseases.

### **Complications-**

Life is not easy for people with diabetes. Being chronic in nature, one has to deal with the disease throughout the life, medication and lifestyle modifications being the only solution. Diabetes care management requires a lot of effort as it includes continuous monitoring of calorie intake, blood sugar level and cholesterol. Lifestyle-related disease are the ones that occurs due to behavior to the development of chronic diseases.

Even if we consult a doctor, we tend to forget medications or follow up consultation with the doctor that worsens our disease condition over a period of time and leads to more complicated health situation. If at all, we ignore the care it can lead to dangerous complications like cardiovascular diseases, stroke, chronic renal failure, retinal damage and amputation. While

diabetes is considered as a genetic disease, today it has become one of the leading lifestyle diseases that is increasing day by day.

### **Follow-up-**

Lifestyle diseases need more care and monitoring, along with nutrition, alcohol consumption, medications and exercising.

According to a recent report by WHO, India tops the list of countries with the highest number of diabetics followed by China, America, Indonesia, Russia, Japan, Pakistan, Russia, Brazil, Italy and Bangladesh. As compared to 31.7 million cases of diabetes in 2000, India is expected to get 79.4 million diabetic patients by 2030. Diabetes is posing a serious lifestyle challenge and needs immediate attention. We need to build awareness for diabetes prevention & management, and creating expert solutions/ products that can be included in the lifestyle of a person with diabetes.

### **Structured care-**

In response to the increasing number of diabetics in the country, the healthcare providers are trying to differentiate themselves by providing multiple and extended healthcare services under one roof. Follow-up care being among the most important of services, is now being preferred by hospitals to help their patients as well as the doctors. It eases the worries for the patient who needs post-surgery care or follow-up care for his disease management and the recovery process.

India is witnessing fast demographic changes which will soon result in a deluge of lifestyle disorders (cardiovascular disorder, diabetes, and cancer, etc.). Also, patients suffering from chronic illnesses need dedicated follow-up care and lifestyle management, but to make that happen, doctors and hospitals must take on extra tasks. With technological solutions, the healthcare industry has the ability to provide advanced healthcare management programs that can avoid readmission or relapse of the patient, thus cutting costs.

With healthcare becoming digitalized, the patient data, prescription and medical records are going on digital platform thus avoiding any chances of errors. Population Health Management help in making healthcare more accessible and tailored to a patient's specific needs and delivering it with the best patient care. Getting an instant record of a patient's medical history enables improved patient care as we get more accurate diagnoses and treatments. It also allows us to instantly share health information to multiple clinicians, and the reduction of errors and inconsistencies found when recording patient health information by paper.

While caring for a person's health at home is an option for improving healthcare outcomes, both for the patient and the doctor, the concept of structured follow-up care can cut the time and cost for both, in addition to improving the quality of healthcare services. The structured follow-up care programmes use multi-channel engagement campaigns that connect patients using the latest technologies. This is often done via telephone, mail, text, web chat, and/or interactive voice recognition outreach.

Diabetes can be managed with little care and continuous follow up along with few modification in your lifestyle.

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