

DIABETES SCREENING CAMP @ Mullur Village

On World Diabetes Day, 14th NOVEMBER 2016

To commemorate the World Diabetes Day 2016, nine Volunteers under National Service Scheme (NSS) program organized free Diabetes Screening Camp in Mullur under the guidance and coordination of the NSS Coordinator from Krupanidhi College of Pharmacy on 14th November 2016.





“Diabetes is a metabolic disorder of multiple causes characterized by chronic hyperglycemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in the insulin secretion, insulin action, or both”. According to Diabetes Atlas published by the International Diabetes Federation (IDF), there is an alarming rise in disease progression from 40 million in 2007 to 70 million by 2025 in India and every fifth person with diabetes will be an Indian. Nowadays the incidence is increasing in rural parts of India due to urbanization, obesity, unsatisfactory diet, sedentary life style. People living with type 2 DM are more vulnerable to both short and long-term complications, which often lead to their premature death. This vulnerability to increased morbidity and mortality is seen in patients with type 2 DM because of the commonness of this type of DM, its insidious onset and late recognition, especially in rural areas in India and resource-poor developing countries like Nigeria. Diabetes is a chronic morbid condition, which requires lifelong treatment. So the cost of anti-diabetic drug is the major deciding factor for the patient’s compliance. Hence, patient’s utilization of medicines, diet and lifestyle play a major role in controlling the blood sugar levels. One important aspect related to diabetes is to regularly monitor the blood glucose level in order to keep track of blood sugar level to avoid any complication later on and the camp tried to emphasize the importance of the same amongst the public.

The NSS volunteers, hence, conducted a house-to-house diabetes screening service for the public of Mullur (by checking their GRBS). The program started at 7 a.m. and continued till 2 p.m. The GRBS of interested population was checked and filled into a patient profile form along with their demographic details and last mealtime. Diabetes information leaflets were also handed over to the public and the ones with history of diabetes as well as the newly diagnosed and pre-diabetic populations were counseled regarding lifestyle modifications and food restrictions.

A total of 82 people took up the diabetes-screening test, out of which 15 of them were known cases of diabetes while 3 were newly diagnosed during the screening with having the Fasting Blood Glucose Level as high as 200-300 mg/dL. They were counseled and referred to a physician immediately. From the remaining population, 27 were found to be in pre-diabetic state with their GRBS value being >100mg/dL in fasting or >250mg/dl post prandial (more than 2 hours after food). Our volunteers counseled this population and convinced them to have a proper blood glucose test done (both fasting and PPBS) at least once in every 2-3 months.

It was a very productive day and we could get some insight into the level of understanding about diabetes and the need to have regular blood sugar level tested amongst the public. Given the findings, we understand that still majority of the public do not consider it important to have regular blood sugar test done even after 40 years of age, since majority of our participants were aged 40 or above. With the availability of easy blood glucose monitoring devices in the market,

it is important that the public is made aware about the need for regular blood glucose monitoring and the use of glucometer available in the market, if going to laboratories is not feasible for them.

Our small attempt at generation of such awareness, hopefully, has been an eye opener for quite a few of the participants and that has motivated to move further in future for larger good.

Coordinators for the day:

Faculty coordinators: Ms. Rajeswari, Dr. Rajendra & NSS team members

Student Volunteers: Kishore Kumar, RijuPathak, UjwalTeja, Abino Denny, Trushit Patel, ArjanAryal and three students from B.pharm