



**International
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DIABETES EDUCATOR

Current Status Of Diabetes Care In Pakistan

Written By Prof. Abdul Basit:

Pakistan is one of the countries having a very high prevalence of diabetes. Currently there are more than 6.6 million people with diabetes in the country and 11.4 million Pakistan will have diabetes by the year 2030. Another 7.1 million people in this country are in the state of impaired Glucose Tolerance who may develop diabetes in the coming years. Nearly 9.6 million children are overweight and obese. In the past year, the occurrence of hypertension has doubled while that obesity has tripled. The rising tide of diabetes is a source of huge economic burden. To take as an example, the direct cost of treating a diabetic foot ulcer is between 21 – 378 pounds.

We adopted prioritization strategies and stepwise approach. We prioritized diabetes education and introduced for the first time in Pakistan, a one year university level training course in diabetes education. As recognition of our training programs, Baqai institutes of Diabetology and Endocrinology has been selected as one of the eight international Diabetes Federation centers of Education. A Nationwide Diabetic Foot clinic. These efforts have established with support of world Diabetic foundation which so far include 115 foot clinics. These efforts have resulted in reduction of amputation rate by 50%. With an aim to improve type Diabetics care, Insulin-my life project was initiated with the support of WDF. The project established 34 type 1 Model clinics across the Sindh province and provided free of cost type 1 diabetes care facilities of type 1 children and adolescent. To build capacity, we introduced the multidisciplinary team approach in diabetes care and inducted a number of training programs. On the other hand, we initiated collaborations with national and international organization like Diabetic Association of Pakistan, Kidney foundation, AL-Ibrahim Eye Trust and universities of Oslo and Birmingham. We also explored multiple diabetes related research avenues. Ramadan diabetes study Group was constituted and primary prevention study is planned. We are involving multiple stakeholders in all the endeavors including physicians associations, teaching faculties, public health departments and people's forums, pharmaceutical industry, donors and philanthropist, media and opinion leaders. We have also addressed the community health issues. Projects in this context include BRIGHT –a project based on self-monitoring of blood glucose, Primary prevention Program, Maternal & Child health project and Gestational Diabetes project

Most importantly, the future directions include constitution of national health network for diabetes control and prevention. As a first step, the diabetes units of 12 major teaching hospitals would be inter-linked. The next step would include the development of peripheral Diabetes Centers (PDCs). At each of these centers about 30 patients would visit per day, accumulating to about 750 patient visits per month and 9000 patient-visits per year. On an average if a patient visits the center 3 times a year, each center would cater about 3000 patients per year. For a population of 180 million about 3000 such centers would be needed. The two third rural population of Pakistan would require approximately 2000 centers. Our role as health care professional would be identify the location, to provide technical support, to create data networks and form a surveillance system. Cross financing can be created through laboratory charges from affording patients and some bulk kits purchasing. Pharmacy of the center may create some financing through charging for medicines from affording patients, Bulk manufacturing and use of generic formulations. As the final step these PDCs would be inter-linked with diabetes units of 12 major teaching hospitals, to develop a referral system between primary and secondary / tertiary levels and the advocate the importance of cost effective diabetes care delivery to the least resourced.

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