

PREVENTION OF DIABETES MELLITUS IN THE PRIMARY HEALTH CARE IN GREECE.

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Background: Diabetes mellitus is a pandemic metabolic disease that has been related with various disorders and is the main reason for the death and disablement in the total of the population.

In Greece the number of the patients comes to 4% of the population and it is certain that the number is double if we take into consideration the people who are not aware that they are patients. Most of these patients (70-90%) suffer from diabetes type 2. It is a metabolic syndrome that is caused by the total or relevant insufficiency in the insulin secretion, resulting in the increase of the glucose in the blood.

Aim: The aim of this project was to help the health professionals of the primary health care manage, on the one hand, to promptly diagnose diabetes mellitus relying on a detailed record, physical testing and appropriate diagnostic tests and on the other hand, to deal with and prevent it effectively.

Methods and materials: Bibliography review was recently Greek and international. The information was retrieved through Medline and TRIP databases.

Results: Diabetes mellitus in the Primary Care Health consists the strategies of briefing of all age-related groups and the convenient recognition of diabetic patients, using a detail history, natural examination and diagnostic tests from all patients.

Conclusion: The prevention – regulation of the diabetes mellitus requires the cooperation with the patient, rendering him/her the main manager of the diabetes. Measures for the regulation of this metabolic disorder are, diet, exercise and medication (insulin, hypoglycemic pills)

With these measures an attempt was being made to regulate the metabolic disorder so that the patient’s life is protected, the symptoms recede and the best possible regulation of the diabetes mellitus was achieved so that the patient could lead a normal and social life.