

EFFECT OF BEHAVIOURAL MEDICINE & PSYCHOLOGICAL COUNSELLING ON DIABETES

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Abstract:

Behavioral medicine interventions are effective in diabetes treatment, especially in patients with a high level of diabetes-related distress, difficulty in coping, or insufficient blood glucose awareness.

Behavioral medicine interventions in the diabetes field encompass a number of different approaches with the goal of improving medical outcomes such as glycemic control as well as psychological outcomes. There is evidence for beneficial effects of recent behavioral medicine treatments in terms of improvement of metabolic control as indicated by decreased glycated hemoglobin (HbA1c). Furthermore, positive effects were observed regarding diabetes-related self-efficacy, self-management, proactive coping, and the reduction of psychological burdens and symptoms.

Poor glycemic control is prevalent in the majority of patients with diabetes and has a strong impact on medical as well as psychological outcomes. Psychological and behavioral variables are of particular interest, as the patients themselves are the most determining factor of treatment success. Consequently, a wide range of behavioral medicine interventions are aimed at improvement in diabetes self-management, coping strategies, blood glucose awareness, and stress reduction.

Biography:

Dr B Jagadish is a Diabetologist and Preventive Cardiologist practicing since the last more than 13 years and now working as Director and Chief Consultant, Masterdoctor Group of Clinics, Odisha managing more than 20 branches. He has treated more than 50000 patients in his career including National and International patients. He is also involved into Training of Diabetes Educators through Indian Academy of Diabetes Education under the guidance of International Diabetes Federation. He is a trained Podiatrician. He has special interests in Functional and Lifestyle Medicine. He is also trained in NLP and Hypnotherapy.