

# 26<sup>th</sup> Global Nursing & Health Care Conference

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## Diabetes mellitus, exercise

Diabetes mellitus leads to macrovascular and microvascular complications, resulting in life-threatening conditions. Exercise is considered as an important therapeutic regimen for diabetes mellitus. Exercise in diabetic patients promotes cardiovascular benefits by reducing cardiovascular risk and mortality, assists with weight management, and it improves glycemic control. The increased tissue sensitivity to insulin produces a beneficial effect on glycemic control. Maintenance of the exercise program in patients with type 2 diabetes is an important goal because it is associated with long-term cardiovascular benefits and reduced mortality. Inter-professional team approach is crucial for long term compliance of patients for exercise regimen. Primary care physicians and nursing professional, diabetes educators caring for patients play an important role in educating these patients of the importance of exercise regimen as a therapeutic option for the disease management. There have been studies which suggested simple behavioral counseling by clinicians and nurse educators during routine clinic visits gave encouraging results for increasing compliance, although long-term follow-up is needed. Exercise regimens are difficult to maintain for more than three months due to intense nature of the programs requiring extra visits for special classes. In a 10-year study of 255 patients with diabetes enrolled in a diabetes education program emphasizing exercise, the rate of compliance fell from 80% for six weeks to less than 50% for three months. The compliance rate further dropped to less than 20% at one year. A coordinated interprofessional approach with educators working with clinicians will help to maximize compliance.

### Biography

Maresh B Borhade is an American Board of Internal Medicine Certified Candidate and certified by American Board of Quality Assurance and Utilization Review Physicians in Healthcare Quality and Management. He serves as a Medical Director at Person Memorial Hospital, Medical Director at Extended Care Unit, a Nursing Home and as a Director for Utilization Review for Person Memorial Hospital, Roxboro NC, USA. He has extensive experience in acute inpatient and outpatient medical care for geriatric population with chronic medical comorbidities. He has been actively working in academics and research activities. He serves as a Scientific Reviewer, Editorial Member, and Expert Panel for population studies projects. He has worked as Organizing Committee for international conferences before. His areas of interests are Endocrinology, Hypertension, Diabetes, Cardiovascular Disease, Public Health and Healthcare Quality and Management.

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