

Diabetes management / consultation skills in South Asian population at point of diagnosis and how to focus on prevention for high risk diabetes



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Biography

Reena Patel is Specialist Nurse in Diabetes at Willows Health in Leicester (base practice The Willows Medical Centre – Prof Mo Roshan & Partners). She was experienced advisor with a demonstrated history of working in the hospital & health care industry. Skilled in Nursing Education, Palliative Care, Emergency Medicine, Acute Care, and Healthcare Management. Strong healthcare services professional with a Bachelor's Degree focused in Adult Health Nurse/Nursing from De Montfort University.

Abstract

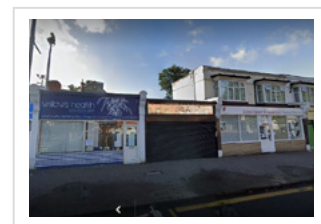
Working in Leicester due to it having a very diverse multiple culture patient population; it requires a unique skill and understanding of both social and psychological factors. We are now seeing an increase in type 2 diabetes in young patients and high risk patients.

However, when young patients come from a south Asian background we have to be mindful that most will be from a first or second generation born and brought up in the UK and their needs may be different.

Working in practices with the South Asian Population where English is not their first language can also be a factor, where providing information alone is not enough. Within the consultation it is vital that the patients understand enough information to put things in practice.

Being born and brought up in the UK myself between both Eastern and Western cultural influences, I can understand the influence this has on someone's diet and lifestyle from a similar background. So being able to converse with patients in Hindi, Gujarati and Urdu has always been a great advantage in my consultations.

I therefore, would like to share my experience and tips that I use within my consultations in a diabetic clinic in this patient group.



[3rd Global experts meet on Advanced Technologies in Diabetes Research and Therapy](#) | November 02-03, 2020

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