

Joint Meeting on  
International Conference on  
**DIABETES AND CHOLESTEROL METABOLISM**  
&  
International Conference on  
**OBSESITY AND CHRONIC DISEASES**  
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### **Diabetes care: Management in primary health care**

Diabetes is one of the most common chronic-metabolic disorders that are resulting in unacceptably high human, social and economic costs globally and above all, for the individuals with diabetes and their families. The healthcare systems around the world are facing the challenges of the diabetic pandemic and are struggling to establish effective diabetic care. Primary Health Care (PHC) teams play a central role in diabetes care, both within the health care system by providing diabetes care in the community and as a shared care with secondary health care. For the majority of all diabetes cases, primary care physicians will be the first point of contact. For patients with metabolic abnormalities, assessing the risk and screening for prediabetes is one of the strength of PHC. On the other side of the diabetic disease spectrum the efficient primary care diabetes team can provide high quality, clinical and cost effective diabetes disease management in the community, reducing the burden of secondary healthcare. The PHC diabetes team needs a multi-disciplinary approach which includes a primary care physician (with special interest in diabetes) as well as other health care professionals such as diabetes nurses and educators, dieticians, exercise physiologists, pharmacists and mental health professionals for a holistic and patient-centered diabetic care at community level. There is strong evidence supported by many studies that clinical and cost-effective diabetes care can be achieved in PHC by providing the early prevention, treatment of diabetes and related conditions. This workshop will focus on PHC diabetes model and diabetic clinical care pathway with discussion on the challenges and barriers faced by the primary healthcare team. The clinical discussion with emphasis on initiation and intensification of diabetic management including patients' self-management strategies and clinical recommendations for PHC physicians referring to clinical inertia in diabetic pharmacological treatment. The case discussion will highlight the advanced diabetes treatment in primary care diabetes.

### **Biography**

Najamunissa Basha is a Consultant in Family Medicine with special interest in diabetes working in Newcastle Primary Health Care, Abu Dhabi, UAE. After completing her MBBS from India she moved to the UK where she has joined the specialist training (VTS) and achieved her CCT in general practice/ family medicine. She has completed her MRCP from the Royal College of General Practitioners, London. Apart from family medicine she has experience in home health care and chronic disease care. She has a great interest in diabetes care and has completed her Post Graduate Diploma in Diabetes with distinction and merit award from the University of Leicester, UK. She has been working as a GP in UK from 2005 and moved to KSA in 2011 and has worked in Premier Institutions like King Fahd Medical City and the Ministry of National Guard Hospital, Riyadh. She has moved to Abu Dhabi in 2016 and has started with Healthplus family center. She has also worked as a Clinical Lead for Diabetes Care and has served as a Board Member for the chronic disease care committee in primary health care at the King Abdul Aziz Medical City, Ministry of National Guard, Riyadh, KSA.

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