

6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The use of technology to improve the management of diabetes mellitus in adolescents

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Type 1 Diabetes Mellitus (T1DM) is a complex, demanding disease, requiring frequent self-monitoring of blood glucose levels and the adjusting of insulin doses, diet, and exercise accordingly. The goal of optimal diabetes management is to keep blood glucose levels within a target range. Diabetes control in adolescence is significantly poorer than in other age groups, it is vital to develop interventions that resonate with adolescents and maximize good diabetes control prior to adulthood. Today, technology is playing a growing role in the management of chronic diseases. Technology can be utilized to help adolescents manage diabetes. Because, research has demonstrated that adolescents have significant exposure to technology on a daily basis. Adolescents use on average 7 hr and 38 min of social media per day. Researchers are increasingly focusing on various technologies to deliver health management, healthcare information, behavioural support and behavioural intervention in T1DM paediatric populations. Examples of the use of mobile technology have included telehealth via telephone or videoconferencing technology, CD-ROMs, private networks to link patients with particular health issues and web-based interventions available via the internet. Technology for teens with T1DM has been successfully used in three primary ways: (1) technology that can directly impact day-to-day management of diabetes (e.g. insulin pumps and continuous glucose monitors); (2) technology that allows for information and support directly from a health care provider that does not involve in-person interactions (e.g. telehealth and cell phones); and (3) technology that allows for individuals to access information and support for behaviours.

Biography

Nesrin Sen Celasin has completed Ph.D at the Ege University-Turkey in September 2011. She was born in 1971. She is working as an Assist.Prof.Dr. at Department of Pediatric Nursing in Celal Bayar University Faculty of Health Sciences, Manisa/ Turkey. She is the president of Department of Nursing Education. She has published more than 20 papers in reputed journals.

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