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Study on the effect of three kinds of food to adjust the hypoglycemia in diabetic patients

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Objective: To explore the simple and effective methods for treating hypoglycemia in diabetic patients and the evaluation of the satisfaction of the dietary treats such as sugar, cookies, and yogurt.

Method: 126 cases of hypoglycemia has divided into three groups according to the admission time and choose different kind of dietary treats, namely group of the sugar, yogurt group and cookies, each of 42 cases were eating sugar three pieces and a half, 1 bottle of yogurt (250ml) and 4 pieces cookies. To monitor the blood glucose in 15 minutes after dietary treats, and to evaluate the degree of satisfaction with difference dietary treats.

Result: In the three groups there were in the treatment for 15 minutes after the correct hypoglycemia, yogurt and sugar group retest blood glucose fluctuation difference was not statistically significant ($P > 0.05$), biscuit group retest blood glucose value is lower than the other two groups, statistical significance ($P < 0.05$). Food satisfaction score for correcting hypoglycemia in patients of the three groups: Biscuit group > yogurt > sugar.

Conclusion: Three kinds of food can be correct hypoglycemia, biscuits glycemic index is lower than the other two groups, The sugar and yogurt effect are similar for correcting hypoglycemia, yogurt taste good, cookies can bring full abdomen feeling, carrying and buy relatively convenient, the patient can accept three food.

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