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## Study on the effect of three kinds of food in diabetic patients with hypoglycemia

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

**Method:** 126 cases of diabetic hypoglycemia were divided into three groups according to the time of admission: Group 1 ate three and a half of sugar; Group 2 ate a bottle of yogurt (250ml); and Group 3 ate four pieces of biscuit, and three kinds of foods all contain 15 grams of glucose or carbohydrate. To monitor the blood glucose of each group after they ate the corresponding food, and to evaluate the degrees of satisfaction with different dietary treat.

**Result:** The mean blood glucose values of the three groups of patients were greater than 3.9 mmol/ L after 15 minutes they ate food. The retest blood glucose level had no statistically significant difference between Group 1 and Group 2 ( $P>0.05$ ). The retest blood glucose value of Group 3 was lower than the other two groups ( $P<0.05$ ).

**Conclusion:** Three kinds of food can correct hypoglycemia; yogurt and sugar have the same effect in correcting hypoglycemia. Biscuit's glycemic index is lower than the other two kinds of food, Yogurt tastes good, biscuit can bring a sense of fullness, which can also be carried and relatively convenient, the patients can accept all the three kinds of food.

### Biography

Liu Xueyan has done his Master's degree in 2013 and has 7 years of Nursing work experience in hospitals. He is well versed in the Management and Education of the Diabetic Patients, his main work is screening diabetic food and the follow-up management of patients with diabetes, to keep their blood sugar stable, prevents the occurrence of the complications of diabetes and improves their quality of life.

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