

**NARAYANA COLLEGE OF NURSING**  
**CHINTHAREDDY PALEM, NELLORE**  
**3<sup>rd</sup> International Conference-1<sup>st</sup> Webinar on**  
**“Diabetes and COVID 19” on 28th August 2020**  
**Conference Report**

India is the country which holds second largest number of people affected with diabetes. COVID-19 is a serious public health threat. In the current scenario of lockdown, though all necessary precautions are taken to prevent the rapid spread of COVID-19, managing Diabetes may seem quite challenging. People with Diabetes are not more likely to get COVID-19 than the general population. However, COVID-19 can cause more severe symptoms and complications in some people living with Diabetes. On the brighter side, if diabetes is well-managed, the risk of getting severely sick from COVID-19 is about the same as the general population. Hence the theme for the conference was selected as Diabetes and COVID 19 with this objective to create knowledge on the prevention and health promotion strategies to be followed to manage diabetes during this pandemic.

Narayana College of Nursing has hosted 3<sup>rd</sup> International Conference-1<sup>st</sup> Webinar on “**Diabetes and COVID 19**” on 28.08/2020 from 11-1PM. The total number of participants for the conference was 415(6 panelist & 409 participants).

The webinar started at 11am. The theme of the webinar was unveiled by Dr. Indira S, Principal, Narayana College of Nursing where she welcomed the entire panelist and the participants of the conference. She also gave a brief introduction on the need for the topic and the impact of COVID 19 on diabetes.

Dr. S. Nasira, Principal, St. Bonnie White College of Nursing discussed about the diabetes high risk for corona infection. She highlighted on Pathophysiology of COVID19 with Diabetes Mellitus, relationship between diabetes and COVID19 severity, living with Diabetes during Corona Virus, diabetes have a higher chance of experience serious compliance from covid19, precaution and Emergency warning signs of covid19.

Dr. I. Clement, Principal, Colombia College of Nursing presented on the Corona prevention strategies in Diabetes. He emphasized on general precautions,

Four Pillars of Management, how to Boost Immune System, Effects of drugs, Healthy nutrition, Home-based exercise and preventive steps.

Dr Hailemariam Berhe Kahsay, Associate Professor, School of Nursing, College of Health Sciences University, Mekelle University, Ethiopia gave his deliberation on Optimum health Maintenance-Physical health. He stressed on NCDs and COVID-19, effect of COVID-19 on DM, Pathogenesis, Optimizing service delivery settings and platforms, and recommendations for people with DM during the Covid-19 pandemic.

Dr.Rajeswari H, Vice Principal, Narayana College of Nursing explained about Optimum health Maintenance-Mental health. She gave her reflection on Reasons For Diabetics High Risk For Mental Health Issues, Mental health issues, Strategies to maintain optimum Mental health- Don't try to fight it, Sleep Hygiene, Walking in 8 shape, Cognitive Behaviour Therapy, Breathing exercise, Mindful eating exercise, Yoga, Meditation, Listening to Music , and Diabetic Support Group.

Mr Kalayou Kidanu Berhe, Associate Professor, School of Nursing, College of Health Sciences University, Mekelle University, Ethiopia discussed on Seeking Health Services. He focussed on clinical presentation DM patients with COVID-19, reasons for worse outcomes, what should people with diabetes know and do, general Preventive Measures, and management considerations.

Questions raised by the participants were clarified by the panellist. Dr. Principal, Narayana College of Nursing expressed her heartfelt thanks to the entire panellist and the participants who have attended the conference and made this a successful one. E certificate was sent to the entire panellist and the participants.

**Diabetes and Covid-19**

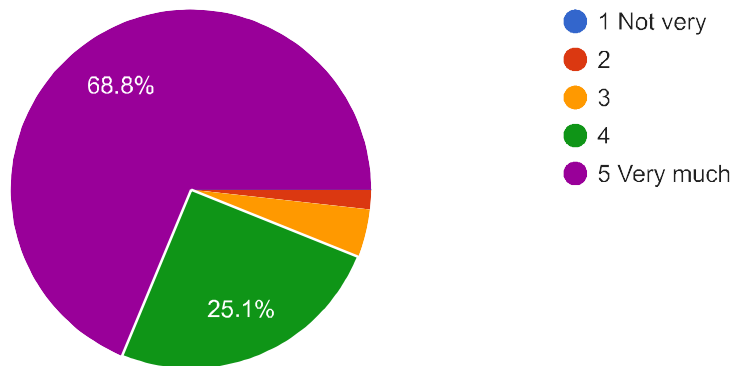
**COVID 19 AND DIABETES**

COVID-19 and diabetes are currently two global pandemics. Epidemiological studies indicate that diabetes is the second most common comorbidity in COVID-19.

## Feedback of the conference

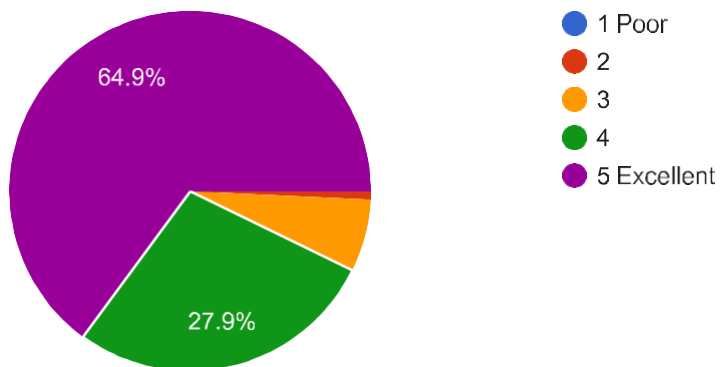
How satisfied were you with the event? \*

394 responses



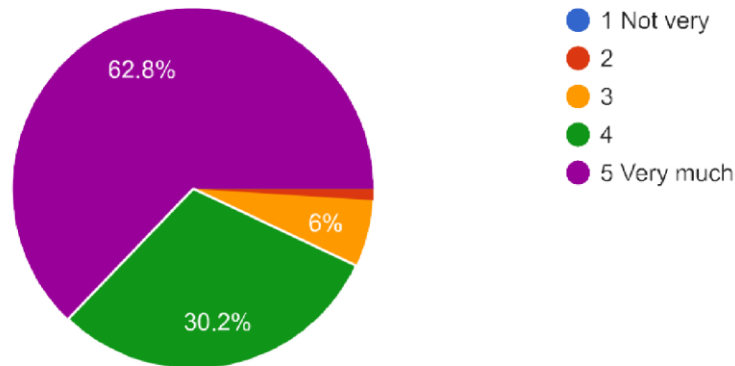
How satisfied were you with the session content? Both presented and pre-read material

402 responses



How relevant and helpful do you think it was for you? \*

401 responses



The feedback analysis reveals that the conference has achieved the objectives and benefitted the participants.

### **Conference Coordinator**

Dr.Rajeswari H,  
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### **Organizing Chairperson**

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