

## 3<sup>rd</sup> Indo-Global Summit & Expo on **Healthcare**

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### **A quasi-experimental research to assess the effectiveness of health education on knowledge and attitude of dietary management among the diabetic client attending the diabetic clinics in selected hospital in Dharmapuri Dt**

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**Background:** The World Health Organization in the 2nd report has stated that education is a cornerstone of diabetic therapy and vital to society. The purpose of the therapeutic program in diabetes is not to cure the patient but to keep the disease under control. If that is achieved the life expectancy of diabetic client is expected to almost the same as that of a person without disease.

#### **Objectives:**

1. To assess the knowledge and attitude of diabetic client regarding dietary management before and after health education.
2. To identify the effectiveness of health education program regarding dietary management.
3. To compare the knowledge and attitude of diabetic client regarding dietary management before and after health education.

**Materials & Methods:** This study adopted a quasi-experimental research design, one group pre-test and post-test with a sample size of 60, where 30 female and 30 male were selected using purposive sampling technique in selected hospitals in Dharmapuri dt. Data was collected before and after health education. Using structured questionnaire which consist of 17 questions on knowledge and 18 questions on attitude regarding dietary management of diabetes mellitus.

**Results:** The findings of this study revealed that there was a significant difference in pretest and post-test knowledge scores in different aspects of knowledge and attitude on dietary management. Hence the formulated research hypothesis was accepted.

### **New advances in breast cancer treatment**

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While some promising new treatments for breast cancer are years away from regular treatment regimens, others are on the market or just around the corner. New breast cancer treatments are available now. Over the past year, doctors have learned a lot more about many targeted therapies that very soon may be helping millions of women live longer and healthier lives after learning they have breast cancer. Most of the recent advances in the last few years occurred in her 2 positive disease with Trastuzumab-Pertuzumab-Docetaxel association. Study TOC4129g (WO20698), initiated in 2008 is a randomized Phase III study (CLEOPATRA) for the first-line treatment of HER2-positive MBC. The median PFS was 12.4 months in the control arm, compared with 18.5 months in patients treated with trastuzumab and docetaxel with pertuzumab (experimental arm) (HR=0.62; 95% CI: 0.51-0.75; p=0.001). The confirmatory analysis for overall survival (OS) performed after 267 deaths and 69% of the pre-specified total number of events demonstrate a 3-year OS rate of 72% in patients treated with trastuzumab and docetaxel with pertuzumab compared with 62% in patients treated in the comparator arm (HR 0.66 (95% CI: 0.52-0.84; p=0.0008). The safety profile was generally similar in the two arms with no increase in left ventricular systolic dysfunction. The rates of febrile neutropenia and diarrhea of Grade 3 or above were higher in the experimental arm. Moreover, some improvement was seen in hormone positive disease with her 2 negative.

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