

The long-term effect of community-based health management on the elderly with type 2 diabetes by the Markov modelJianqian Chao¹, Mengmeng Zong¹, Hui Xu², QingYu², Lili Jiang¹, Yuyu Li¹, Long Song¹ and Pei Liu¹¹Southeast University, China²Hospital of Qinghuai, China

The aim of this study was to assess the long-term effects of community-based health management on elderly diabetics using a Markov model. A Markov decision model was used to simulate the natural history of diabetes. Data were obtained from our randomized trials of elderly with type 2 diabetes and from the published literature. One hundred elderly patients with type 2 diabetes were randomly allocated to either the management or the control group in a one-to-one ratio. The management group participated in a health management program for 18 months in addition to receiving usual care. The control group only received usual care. Measurements were performed on both groups at baseline and after 18 months. The Markov model predicted that for every 1000 diabetics receiving health management, approximately 123 diabetics would avoid complications, and approximately 37 would avoid death over the next 13 years. The results suggest that the health management program had a positive long-term effect on the health of elderly diabetics. The Markov model appears to be useful in health care planning and decision-making aimed at reducing the financial and social burden of diabetes.

Biography

Jianqian Chao is currently working in the university as a Professor at School of Public Health, Southeast University China. His major research fields are public health, social medicine, health administration and hospital management. Recent researches focus on the elderly health management, project evaluation, community health service. The rapid increase in the elderly population not only greatly influences the development of the social economy, but also poses significant challenges to health care in China. Health management has been looked upon as a way to deal with these challenges. We evaluated the effects of community-based health management on the health of the elderly and conducted the evaluating methods research.

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