



Diabetes Management Training Case Report (Myanmar)

Background

Myanmar faces a critical shortage of healthcare professionals (HCPs), with only 6 doctors per 10,000 people, significantly lower than the global average. This shortage exacerbates the burden of diabetes and other non-communicable diseases (NCDs), which are on the rise. According to the International Diabetes Federation,

“Myanmar has one of the highest diabetes prevalence rates in Southeast Asia, affecting approximately 10.5% of the adult population. Women, in particular, suffer from diabetes at rates nearly twice as high as men.”

Challenges



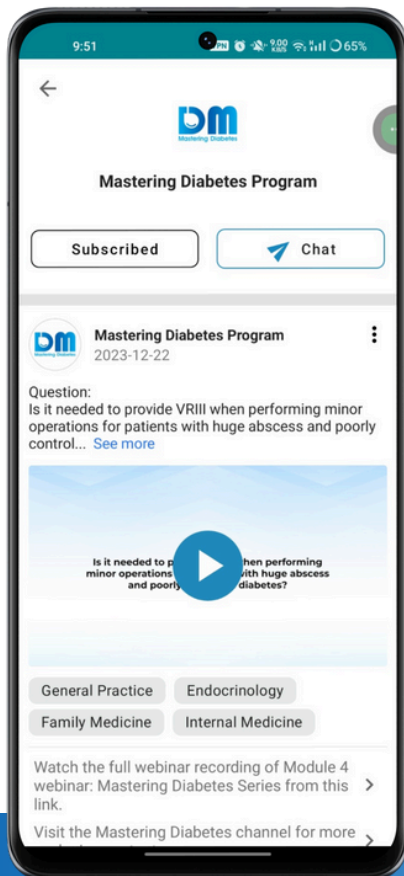
Healthcare Infrastructure and Resources Limitation

From 2010 to 2020, Myanmar saw some improvements in health outcomes and increased government spending on health. However, the country’s human capital development continues to lag behind regional peers due to inadequate healthcare infrastructure and resources.



Financial Burden

The healthcare system in Myanmar includes public, private, non-profit, and ethnic health organizations, with a significant portion of health spending coming from household out-of-pocket expenses. This financial burden limits access to necessary medical care and training for healthcare providers.



To address these challenges, it is essential to train primary care providers (PCPs) in diabetes management and treatment. Training PCPs is crucial as they are often the first point of contact for patients and play a pivotal role in early diagnosis and ongoing management of chronic conditions like diabetes. Traditional face-to-face training programs, although valuable, are not scalable due to logistical constraints and high costs associated with travel and accommodation.

Digital learning platforms offer a flexible and cost-effective alternative. They provide an opportunity for continuous professional development, enabling HCPs to access high-quality training materials at their own pace and from any location. This approach not only reduces costs but also ensures that more HCPs can receive training simultaneously, addressing the acute shortage of trained professionals in the healthcare system.

Organized by the North Okkalapa General Hospital Endocrine Department and Z-waka, the Endocrine Academy Channel on the Z-waka platform offers a comprehensive training program tailored to the needs of PCPs across Myanmar. This initiative aims to enhance the knowledge and skills of healthcare providers, ultimately improving patient outcomes and addressing the growing burden of diabetes in the country.

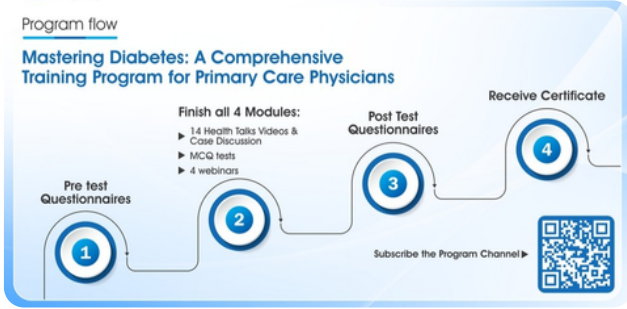
For More Information:

<https://z-waka.com/>

<https://msem.org.mm/>

Program Overview

The program included four comprehensive modules, each designed to provide a multifaceted learning experience through webinars, self-learning videos, and interactive polls. This structure ensured that healthcare providers could deepen their understanding of diabetes management and treatment in a flexible and engaging manner.



Module 1	Foundation of Diabetes Management: From Pre-diabetes to Cardiovascular Risk
CME talks	
Aug 23, 2023	Diabetes Diagnosis and Classification: Updates and Practical Considerations
Aug 25, 2023	Cardiovascular Risk Assessment in Diabetes: Tools and Guidelines
Aug 28, 2023	Prediabetes: Management from guidelines to clinical practice
Aug 30, 2023	(Written) Case Study for Classification of Diabetes
Webinar	
Sep 6, 2023	Q and A live webinar for "Module 1: Foundation of Diabetes Management: From Pre-diabetes to Cardiovascular Risk"

Module 2	Early Recognition and Management of Diabetes-Related Complications
CME talks	
Sep 1, 2023	Treating Hypertension and Dyslipidemia in Patients with Diabetes
Sep 4, 2023	Treatment of Diabetic Nephropathy: Efficient and Comprehensive Solution
Sep 5, 2023	Practical Issues on Diabetic Peripheral Neuropathy and Diabetic Foot
Webinar	
Sep 13, 2023	Q and A live webinar for "Module 2: Early Recognition and Management of Diabetes-Related Complications"

Module 3	Antidiabetic Medications: Selection and Rational Prescribing
CME talks	
Sep 11, 2023	Metformin MR: The Gold Standard for Type 2 Diabetes and Pre-diabetes Management
Sep 13, 2023	Sulfonylureas: Role in Glycemic Control and Hypoglycemia Risk
Sep 15, 2023	DPP-4 Inhibitors: Optimizing Multimodal Treatment for Type 2 Diabetes
Sep 18, 2023	SGLT2 Inhibitors: A Novel Approach to Managing Type 2 Diabetes and Comorbidities
Webinar	
Sep 20, 2023	Q and A live webinar for "Module 3: Antidiabetic Medications: Selection and Rational Prescribing"

Module 4	Insulin Therapy in Diabetes
CME talks	
Sep 22, 2023	Types of Insulin and How to Choose the Insulin Regimen
Sep 25, 2023	Initiation of Insulin Therapy: When and How to Start
Sep 26, 2023	Insulin Therapy for Hospitalized Patients
Webinar	
Sep 27, 2023	Q and A live webinar for "Module 4: Insulin Therapy in Diabetes"

This program was designed for healthcare providers to engage with content at their own pace and from any location, reducing logistical and financial burdens of traditional training. It enabled broader reach, allowing more HCPs to benefit simultaneously. Continuous mentorship and support were provided through the Endocrine Academy Channel, where participants could ask questions, share clinical cases, and receive expert guidance.

Program Result Participation and Engagement

786
HCPs

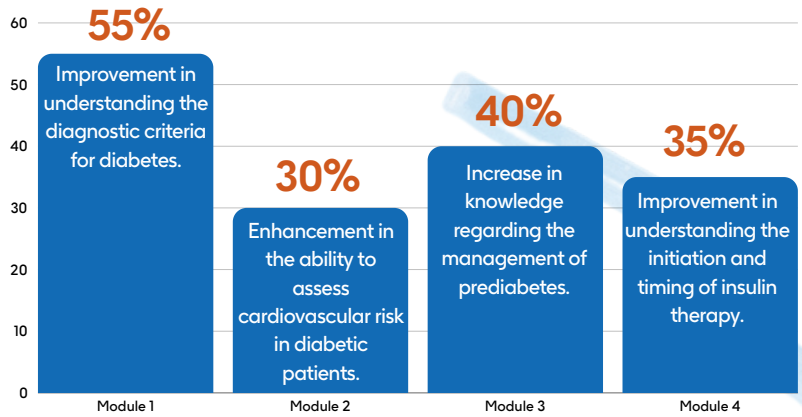
Total Participants

5,964
Views

Total Video Views (across 14 videos)

Knowledge Improvement

(based on pre-test & post-test assessments)



Participant Satisfaction and Impact

Satisfaction Rate

98% of participants expressed high satisfaction with the self-learning course, appreciating its flexibility.

Professional Isolation

The program helped reduce feelings of professional isolation, with participants reporting increased confidence in managing various aspects of diabetes care.

Community of Practice

Participants noted that the training broadened their community of medical practice, allowing them to share knowledge and experiences with peers.

Tangible Impact on their Professional Practice

Confidence and Expertise

Participants developed confidence and expertise in using evidence-based strategies to support their communities.

Behavioral Change

Interviews and self-reports from participants highlighted positive behavioral changes in their clinical practice, leading to better patient outcomes.

Patient Care

68% of participants reported that the majority of their diabetic patients were female, and they saw an average of 50 to 80 diabetic patients per month, indicating the significant impact of the training on patient care.

Patient Education

Download rates of patient education materials were at 58%, with HCPs actively sharing these with their patients.

Future Plans

The Endocrine Academy has also successfully conducted a "Master in Thyroid Series" program and is planning to launch additional series focusing on "Diabetes Care for Pregnant Women" and "Steroid Usage" in 2024.

For More Information:

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