



جامعة الإمام عبد الرحمن بن فيصل
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The Role of Social Worker with Diabetic Patients



What Advices could the social worker provide to diabetic patients?

You can reduce diabetes complications by **at least 50%** when you follow the following program:



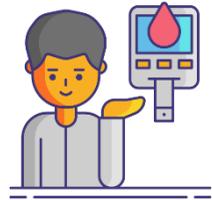
1. Organize food and follow doctor's instructions.
2. Adherence to medications and their appointments according to the doctor's instructions.
3. Exercising and maintaining a normal body weight.
4. Stay away from anxiety, tension and fear, avoid abnormal psychological emotions as much as possible, and seek help from a social worker.
5. Practice physical exercises and avoid laziness.

What is the role of the social worker with diabetic patients?

1. Helping the patient to understand his illness, accept it and adapt to his new health condition.



2. Helping the diabetic patient in psychological and social stability during the treatment period and overcoming the obstacles of the treatment.



3. Reducing the psychological and social pressures, if possible, in order to remove his fears and replace his negative feelings with positive ones.



What is the role of the social worker with diabetic patients?

4. Helping the patient to benefit as much as possible from the available aspects of care, whether medical, social or psychological.



5. Treating the patient's personal and environmental problems, especially those related directly to the disease.



6. Support the diabetic patient and help him control his emotions.



What is the role of the social worker with diabetic patients?

7. Clarify the medical social aspects that affect the patient's condition to caregivers and to the family.



8. Helping the diabetic to restore his psychological and social compatibility and improve his social performance.



What is the role of the social worker with the patient's family?



- ✓ Helping to find solutions to the social and family problems for the patient.
- ✓ Strengthening the relationship between the patient and his family, as this has a strong impact on the psychological state of the patient.
- ✓ Preparing the family to accept the new patient's situation and raising the family's awareness of ways to deal with the patient to raise his positive spirit.

What is the role of the social worker with the patient's family?



- ✓ Clarify the development of the disease and its complications and urge the family to care for the patient.
- ✓ Forming a professional relationship with the patient and his family so that they cooperate with him in the success of the treatment plan, whether medical or social.



Important contact numbers:

Saudi Diabetes and Endocrinology Association Khobar

013 887-8970

Saudi Diabetes Charity Association

012 212-7926

Society of Diabetic Friends

056 562 0013

Department of Medical Social Service at King Fahd

University Hospital in Al-Khobar

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Sources and references:

All pictures used are from the flaticon.com

Review and audit:

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Health Awareness Unit

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