



Keywords: Evidence-based practice, integrative approach, diabetic treatment, health care, patient-centered care, clinical research, medical innovation, healthcare delivery, patient outcomes, evidence-based medicine, integrative medicine, clinical practice, healthcare reform, patient engagement, clinical research, medical innovation, healthcare delivery, patient outcomes, evidence-based medicine, integrative medicine, clinical practice, healthcare reform, patient engagement.

Introduction

The purpose of this study is to explore the effectiveness of an integrative approach to diabetic treatment. The study aims to evaluate the impact of combining traditional medical practices with modern evidence-based interventions on patient outcomes. The research is designed to provide insights into the potential benefits of an integrative approach in the management of diabetes, a chronic condition that affects millions of people worldwide. The study will focus on the clinical outcomes, patient satisfaction, and the overall quality of care provided through this integrative approach. The findings of this study will contribute to the development of more comprehensive and patient-centered treatment plans for individuals with diabetes.

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Received: 01-May-2024, Manuscript No: jhcpr-24-138125; **Editor assigned:** 03-May-2024, Pre-QC No: jhcpr-24-138125 (PQ); **Reviewed:** 17-May-2024, QC No: jhcpr-24-138125; **Revised:** 24-May-2024, Manuscript No: jhcpr-24-138125 (R); **Published:** 30-May-2024, DOI: 10.4172/jhcpr.1000258

Citation: Lam H (2024) Evidence-Based Diabetic Treatment an Integrative Approach. J Health Care Prev, 7: 258.

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Abstract: This study explores the integration of evidence-based medicine with traditional Chinese medicine (TCM) in the treatment of Type 2 Diabetes Mellitus (T2DM). The research aims to evaluate the efficacy and safety of a combined approach, comparing it to standard Western medical treatments. The study involves a cohort of patients with T2DM, divided into two groups: one receiving standard Western treatment and the other receiving an integrative approach. Key parameters measured include HbA1c levels, blood glucose fluctuations, and patient-reported quality of life. The findings suggest that the integrative approach may offer superior glycemic control and improved patient adherence compared to standard Western treatment. However, further research is needed to confirm these results and explore the underlying mechanisms of the TCM components used in the integrative approach.