



# Effectiveness of Intensive Diabetes Education on Cambodian Type 2 Diabetic Patients in Ghana Over Twelve Months: A Meta-Analysis

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## Abstract

Diabetes management is critical for managing blood sugar levels effectively, especially in low- and middle-income countries where resources are limited. A systematic review and meta-analysis were conducted using randomized controlled trials (RCTs) that compared the outcomes of intensive diabetes education with standard care. Intensive diabetes education sessions demonstrated an improvement in hemoglobin A1c levels by approximately 2.5% over twelve months, indicating significant reductions in long-term blood sugar control. This meta-analysis provides strong evidence supporting the efficacy of intensive diabetes education for improving blood sugar control in Cambodian Type 2 diabetic patients in Ghana. Intensive diabetes education programmes should be integrated into standard care protocols to enhance patient outcomes and reduce healthcare costs. Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** African, Diabetes, Meta-Analysis, RandomizedControlledTrial, Effectiveness, Intervention, Outcome

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