



## The Effect of SMS Education on Self-Care Training in Diabetic Patients in Present New Challenges

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### Dear Editor-in-Chief

Today, disease prevention, health education, and self-care are important topics in promoting health in patients, especially in chronic disease such as diabetes (1). Patients with diabetes are more likely to develop infectious diseases such as Covid-19 due to acquired immunodeficiency. Therefore, due to the prevalence of this virus, it is very important to pay attention to diabetic patients these days (2). Despite the importance of this disease, there are still shortcomings and challenges in providing appropriate educational strategies on how to take medication, exercise and diet, and control the effects of blood sugar (3).

So in the field of health care education one of the easy and low-cost methods of communication is the use of Short Message Service (SMS), which will be very effective in controlling interventions, especially in educating patients for self-care and preventing the spread of disease, and the use of this system can intervene Follow-up such as reminding and monitoring patients (4). In recent years, mobile health has emerged as a sub-branch of e-health (5). The WHO defines mobile health as the use of mobile communications (mobile phones and personal digital assistants) in the provision of health services (6). Health includes items such as encouraging patients to follow treatment instructions, providing free emergency telephone help,

emergency medical counseling, communication and staff training, preventing the spread of disease, accessing patients' medical records, monitoring the possibility of automatic registration of vital signs and sending to the medical center and training via mobile phone and training (7). In general, with the use of Health Information Technology, information can be provided to people at an understandable level and in a simple, fast and explicit way (8).

Recently COVID-19 pandemic effected in all around the world (9). The new challenges of the prevention, could be affected vulnerable population Such as: the lack of information about the efficiency and effectiveness of using different types of masks in different environments, lack of necessary research and sufficient information about the risk of infection and the amount of those required for infection, lack of proper attitude towards vaccine injection, uncertainty about re-infection after vaccination and insufficient studies on the effectiveness of different types of vaccines available in the market for different people with different vulnerabilities and new mutation (variants) of COVID.

Some of the factors that caused this disease to become a long-term pandemic are behavioral factors



such as non-observance of social distance according to cultural customs the inevitability of travel. In this pandemic time, through collective efforts, the improvement of awareness, attitude, and appropriate action towards preventive measures in the general population should be taken to end this pandemic as soon as possible. Notification must be done on asymptomatic carriers so that people are suspicious of everyone and take preventive measures. By providing prevention education through radio, television, press, and cyberspace, it is possible to have long-term awareness-raising programs for all age groups and occupations. The application of prevention requirements in recreational, educational, and occupational places and government economic support should not be forgotten. In addition, monitoring these cases over time can help optimally control the epidemic.

Finally, due to the increasing prevalence of coronavirus and considering the need of diabetic patients for an accessible care system and the role of modern media as a leading tool in education and training, and acculturation in the field of health, the need for a fast education system, such as texting, is felt. It is also recommended that appropriate planning and policy-making be done by the relevant authorities in this field, so providing appropriate training in prevention should be considered. Improvement and treatment of diabetes can be done by raising awareness, promoting general health, better physical function and mental health, and increasing the overall quality of life in diabetics.

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## Conflict of interest

The authors declare that there is no conflict of interest.

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