



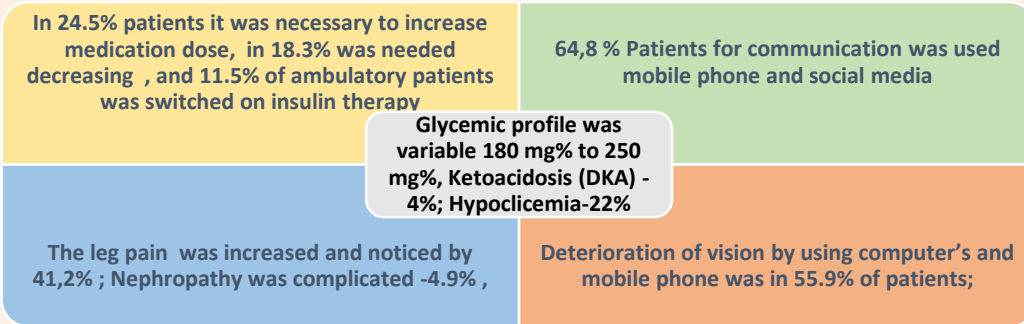
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**General information:**

SARS-CoV-2 infection produces greater morbidity and mortality in people with cardiovascular disease, diabetes, and obesity. Quarantine and social distancing are necessary measures to prevent the virus from spreading but also lead to elevated levels of loneliness and social isolation, which in turn produce physical- and mental-health related repercussions.

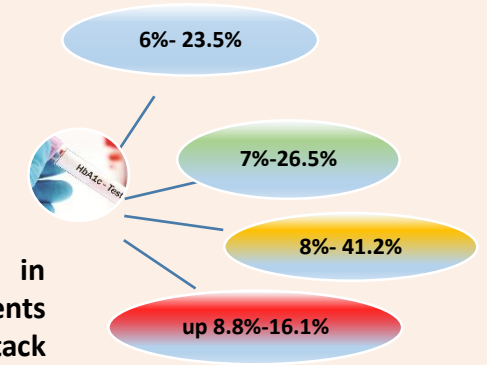
**Aim:** The aim of the study was to research impact of Social Isolation and Quarantine on compensation of diabetes and on progression of its complications.

**Methods:** A specific questionnaire was developed by us and was launched on the Google platform. In this Survey was participated 16 Endocrinologists and 22 Family and General Practice Doctors.

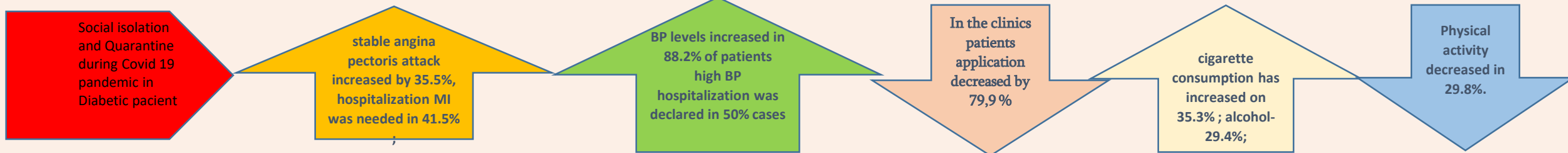


**Results:** In the clinics patients application decreased by 79,9 %; in 64,8 % patients for communication was used mobile phone and social media. New diabetes cases manifestation was in 58,4% ; HbA1c 6% to 23.5% , 7%-26.5 % , 8%-41.2% and up 8.8% glycemic profile was variable 180 mg% to 250 mg%, ketoacidosis (DKA) - 4%; Hypoglycemia-22% anxiety and fear were observed on 82% of patients .

In 24.5% patients it was necessary to increase medication dose, in 18.3% was needed decreasing and 11.5% of ambulatory patients was switched on insulin therapy; stable angina pectoris attack increased by 35.5%, hospitalization MI was needed in 41.5% ;



BP levels increased in 88.2% of patients, the hospitalization in case of high blood pressure was declared in 50% cases, HF -35.5%, heavy legs and pain was increased and noticed by 41,2% ; Nephropathy was complicated -4.9% ,deterioration of vision by using computer's and mobile phone was in 55.9% of patients; weight gain in 97.1% ; cigarette consumption has increased on 35.3% ; alcohol- 29.4%; Physical activity decreased in 29.8%.



**Conclusion:** According to doctors survey , social isolation and quarantine in diabetes reduces the availability of medical care, increases the weight of the patient, blood pressure, causes bad cigarette habits, increases alcohol consumption, and also worsens the emotional background of patients, which leads to the development of pre-existing cardiovascular diseases and other complications risk. The issue requires additional large-scale research.