

	<p>standardized recipes. The number of household measures (that is dessert spoons and milk tins) contained in 100g of the food items was also measured. The proximate composition was determined using a 5g sample obtained from each cooked food item and the carbohydrate content of the foods was determined by the difference method. The quantity of food items that yield 10g and 15g carbohydrate was computed from the results of the proximate analysis. The food exchange list for 10g and 15g carbohydrate was then compiled comprising these cooked foods as eaten. Pap (koko) had the highest (128g and 192g) and nakiya (steamed, fermented rice balls) had the lowest (12.9g and 19.3g) weights as 10 g or 15 g CHO among the cereal foods. Eba (Garri meal) and Yam porridge had the lowest (37g and 55.6g) and highest (101.9g and 152.9g) weights as 10 g or 15 g CHO respectively among the roots and tuber foods. There is need to educate persons living with diabetes and other individuals on therapeutic diets on how to utilize food exchange lists for effective diet planning to manage their disease conditions and improve variety in their diets. The study provided a tool for diet planning for persons living with diabetes in northern Nigeria. Key words: Food Exchange Lists, cereals, diabetes</p>
<p>Azadeh Shadmehr GICHNDMI701070</p>	<p style="text-align: center;">The Comparison of Neurocognitive Parameters in Women with and without Low Back Pain</p> <p style="text-align: center;">Azadeh Shadmehr Dept of Physiotherapy, School of Rehabilitation, Tehran University of Medical Sciences, Tehran/Iran Mahdieh Mirdamadi, Behrouz Attarbashi, Shohreh Jalaie</p> <p style="text-align: center;">ABSTRACT</p> <p>Research Objectives: Low back pain is a very common problem and may become healthcare threatening or result in disability without prompt attention. There is some evidence about cognitive impairment associated with the pain experience. The present study investigated the cognitive functions of patients with low back pain in comparison with healthy controls.</p> <p>Methodology: The participants in the current study were 15 women with LBP (average age of 32.1 years) and 15 women without LBP (average age of 28.6). The auditory choice reaction time, visual choice reaction time, auditory complex choice reaction time and visual complex choice reaction times were measured in both groups. The reaction time tests were taken from the subjects by using Speed Anticipation and Reaction Tester (SART) software.</p> <p>Findings: Results suggested that healthy controls were better in both visual reaction times compare to the LBP group ($P < 0.05$). However, no significant differences were found in both auditory reaction time tests.</p> <p>Research Outcomes: This study showed that neurocognitive changes are possible in people with LBP. Future Scope: Improving the neurocognitive factors is suggested in promotion of healthcare of the patients with LBP.</p> <p>Keywords: Low Back Pain, choice reaction time, choice complex reaction time, neurocognition</p>
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10th International Conference on Healthcare, Nursing and Disease Management (HNDM), 22-23 Feb, 2017
Flora Grand Hotel, Near Al Rigga Metro Station, Deira, Dubai, United Arab Emirates