DPPH study visit to Qingdao Centers for Disease Control, China

I visited Qingdao Centers for Disease Control (Qingdao CDC) in China between 13 Nov and 14 December 2013. The idea for this visit raised when I was prepared my fourth paper. Since my Ph.d research work was based on the Qingdao Diabetes Prevention Program, which is the collaborate project between Qingdao CDC and University of Helsinki. Thus, a visit to the survey place where research is done seemed worthwhile especially at this phase of my work before writing PhD summary. During this month, I had a deeper and wider understanding of my data and the story behind it, gained useful experience in research and practice, teamwork and collaboration with persons from diverse professional backgrounds. These are skills that would be great helpful to my future research work.

When I arrived Qingdao, I got a warm welcome from my supervisor Professor Pang Zengchang and the office director Dr. Jianping Sun who were kind enough to organize this visit. My work consisted in seminars and discussion, follow-up field survey, data cleaning and analysis. I started to work on the second day of my arrival which was also the World Diabetes Day. Together with the colleagues from Qingdao CDC, we distributed some glucose test strips to the Jinhu Road community and provided free capillary glucose test to all the community residents and healthy lifestyle counsellings. Meanwhile, the community doctors showed me how did the residents’ health record system work and what kind of information were available.

I also participated in their research meetings and seminars and gave my own presentations about my Ph.d study and basic knowledge about the health economics to the graduated students and doctors in Qingdao CDC and Qingdao Endocrine and Diabetes Hospital. Since the health
economics research is quite new in China and all the audiences had great interest in it. The comments from them were very beneficial and I felt my findings were understood and discussed adequately. They also gave me some new ideas of research topic, e.g. The relationship of frequency of bedside capillary glucose monitoring in hospitalization with glucose control, number of hospitalization, and cost of hospitalization.

By the beginning of the third week, I engaged in the follow-up field survey in Xingdian Community, Shibei District of Qingdao. We interviewed 26/42 individuals who participated 2009 baseline survey, with response rate of 62%. I interviewed three participants and this experience would assist me to deeply understand my research data, figure out the limitation and difficulties met in our survey and would helpful to my thesis defense.

Finally, I would especially like to express my thanks to Professor Pang Zengchang, Dr. Jianping Sun, Dr Feng Ning and all the colleagues in Qingdao CDC and diabetes prevention project for helping to make my stay so useful and pleasant. I also wish to express my sincere thanks for the DPPH visiting grant and my supervisor Dr. Qing Qiao giving me an opportunity to visiting Qingdao CDC and it is one of the best experiences of my Ph.d study.

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