My PhD was a field project where several patients and their related subjects were recruited during home visits. Members of about 170 families were recruited during the investigation. Being able to meet subjects in non-clinical settings during home visits enabled the investigator to have more friendly environment where several issues were addressed. In addition to performing standard research process, home visits enabled us to perform the following services for the participants:

* Providing advice regarding better control of type 2 diabetes through adherence to medications and balanced lifestyle.
* A part of data collection was food frequency analysis where tailored advice were provided for the participants for consumption of food items with high calorific value.
* Stressing the importance of type 2 diabetes screening for subjects with family history of type 2 diabetes.
* Clarifying misconception about association between khat chewing and glycemic control.
* Measuring blood glucose for several healthy subjects and providing advice for those with borderline diabetes.