

**KNOWLEDGE, ATTITUDES AND PRACTICES OF TYPE 2 DIABETIC CLIENTS;  
AND THEIR RELATIONSHIP WITH NON-COMPLIANCE WITH PRESCRIBED  
MEDICATION, AT SELECTED HEALTH FACILITIES IN KINGSTON AND ST**

**ANDREW.**

**A THESIS**

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## ABSTRACT

**Background:** An assessment of statistics from the Ministry of Health and other research bodies; reveal that there is a high prevalence of diabetes mellitus in Jamaica. The prevalence varies between 13% and 18% for Jamaicans over 15 years. Besides, the Health Promotion and Protective Division from the Ministry of Health reported that curative clinics visits for diabetes and hypertension increased 16% from 180,000 in 1990 to 218,000 in 1999. Moreover, the total expenditure on cardiovascular diseases and diabetes by government hospitals in 1999 was J\$663 million, a dramatic increase in expenditure compared to J\$316 million in 1996.<sup>5</sup> Hence the need for further research in the area of compliance with prescribed medication, in order to improve the quality of life of the clients with diabetes mellitus. This will subsequently decrease the overall financial and other burden of the disease on the society.

**Objectives:** To determine the knowledge of type 2 diabetic clients about their disease process and how it influences their attitudes and practices regarding compliance with prescribed medication.

**Methods:** During a two-month period in 2006 at six Health Centres in Kingston and St Andrew; a cross-sectional survey was done on a total of 273 Type 2 diabetic clients, coupled with one focus group from the health centre. Data was collected by an interviewer-administered questionnaire. The patients' ages ranged from 30 – 91 years.

**Results:** A total of (273) or 19.8% subjects were involved in the study. 19.8% were male and 80.2% were female respectively. Most of the respondents 86.3% were knowledgeable about their

medication (knowing the names of their medication, importance of taking their medication and the seriousness of their diabetes). However, 49% of the participants had inadequate knowledge about their disease process. Only 51% could give a proper definition of diabetes mellitus. In addition, 42% of the respondents perceived themselves at risk of having eye disease as a complication of diabetes. However, majority of the respondents did not see themselves at risk for other complications such as amputation, kidney disease, heart disease and circulatory complication. Non-compliance with prescribed medication was evident in the study. Forgetfulness (42.5%); Lack of belief in their medication (16.4%); side effects (20%); cost of medication (25%); and diminished sexual performance (6%) were reasons given for non-compliance.

**Conclusion:** The results of the study indicates the need for more interventions to improve the knowledge, compliance and self-care management of patient's with diabetes mellitus attending public health centres in Jamaica. Without appropriate interventions some of the preventable risk factors associated with diabetes and its complications will remain unaddressed, and unnecessary hospitalisation and extra costs to the client may ensue.