

ABSTRACT

An Exploration into Patients and Families' Knowledge and Perceptions of the Prevention of Complications of Type 2 Diabetes

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This qualitative case study explored the views of diabetes patients and their families regarding diet, exercise, and medication of Type 2 Diabetes in Trinidad and Tobago. Data were collected through interview with 17 participants. The findings indicated that: 1) the participants lacked thorough knowledge about an appropriate diet for Type 2 diabetes, and 2) exercise was perceived as having a “burning up” effect on excess blood sugar. Dietary culture played a crucial role in their food preferences and associated behaviours.

Keywords: Perception; Diabetes; Tobago; Trinidad and Tobago