

KNOWLEDGE, ATTITUDES AND PRACTICES OF  
DIABETICS ATTENDING THE CARENAGE HEALTH  
CENTRE, IN ST GEORGE WEST, TRINIDAD.

Linda Nicole Beaubrun-Toby

Project Supervisor: Dr. Sa'eed Bawa

2014

**Background:** Trinidad and Tobago has the fifth highest per capita rate of diabetes in the world and the highest in the Western Hemisphere. (Nicholls 2010) One out of every four hospital admissions is attributed to diabetes, which is now the second leading cause of death in women and the leading cause of blindness in Trinidad and Tobago. (Nicholls 2010, 16).

**Objective:** To determine: **(1)** the knowledge, attitudes and practices regarding diabetes of patients with diabetics attending the Carenage Health Centre in St. George West, Trinidad **(2)** To identify factors that influence the knowledge, attitudes and practices of these patients.

**Design:** Consenting patients were asked to complete a KAP questionnaire containing 47 demographic, knowledge, attitude and practice questions. Results were analyzed to assess patients had good or poor diabetes self- management practices, and good or poor knowledge of diabetes and negative or positive attitudes. Participant knowledge was found to be deficient in relation to the nature, causes and treatment of diabetes and the need for regular eye examinations and foot inspection. The participants were found to have poor practices in relation to regular exercise and consumption of sweetened beverages and refined flour products. The participants had positive attitudes to diabetes education and to the need for self- management of their diabetes.

**Conclusion:** None of the independent demographic variables were found to have a significant effect on the knowledge of the respondents with regard to diabetes. The only variable which was found to have a significant effect of the practice of respondents in relation to diabetes was gender in that males were more likely than females to exercise for at least half an hour on most days of the week.