

Assessing Compliance with Recommended Lifestyle Changes among Adults Diagnosed with Metabolic Syndrome at an Outpatient Clinic in Trinidad

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Objective: To assess the compliance with recommended lifestyle changes of adult patients diagnosed with metabolic syndrome (MetS) at a medical outpatient clinic in Trinidad.

Methods: A sample of 249 patients, ≥ 18 years, attending outpatient clinics at Sangre Grande Hospital in Trinidad were recruited in a cross-sectional study. Interviewer administered questionnaires were used to gather data which encapsulated demography, diagnoses, lifestyle pre-diagnosis and changes made post-diagnosis. Data were analysed using descriptive statistics in SPSS.

Results: From the sample, 118 patients (47.4%) met the National Cholesterol Education Program's Adult Treatment Panel III criteria for MetS. Of those, 8.4% (21) persons had been diagnosed. The average respondent age was 60 years, with patients 65 years and above being the largest age group (41.88%). Hypertension was the most prevalent condition among MetS participants (90.7%). Females constituted the majority of the respondents (55.9%) while East Indians comprised the largest ethnic group, followed by Africans and Mixed. Among patients with MetS, 28% complied with exercise recommendations after MetS-associated non-communicable disease diagnosis and 95.8% had at least one positive diet change post-diagnosis. Smoking and drinking habits decreased among patients after diagnosis, from 26.3% to 14.4%, and from 39% to 17.8%, respectively. Overall, 72.6% of persons with MetS were compliant with the recommended lifestyle changes.

Conclusions: Adults diagnosed with metabolic syndrome showed a high compliance with dietary changes, while there was a lower compliance with exercise recommendations. This information can aid in developing management interventions for patients with chronic conditions.