

A Study on the Knowledge, Attitude and Practices of Diabetic Patients with regard to the Physiological Health Parameters and Self-management Practices, and the Impact these Factors have on Quality of Life and Disease Complications.

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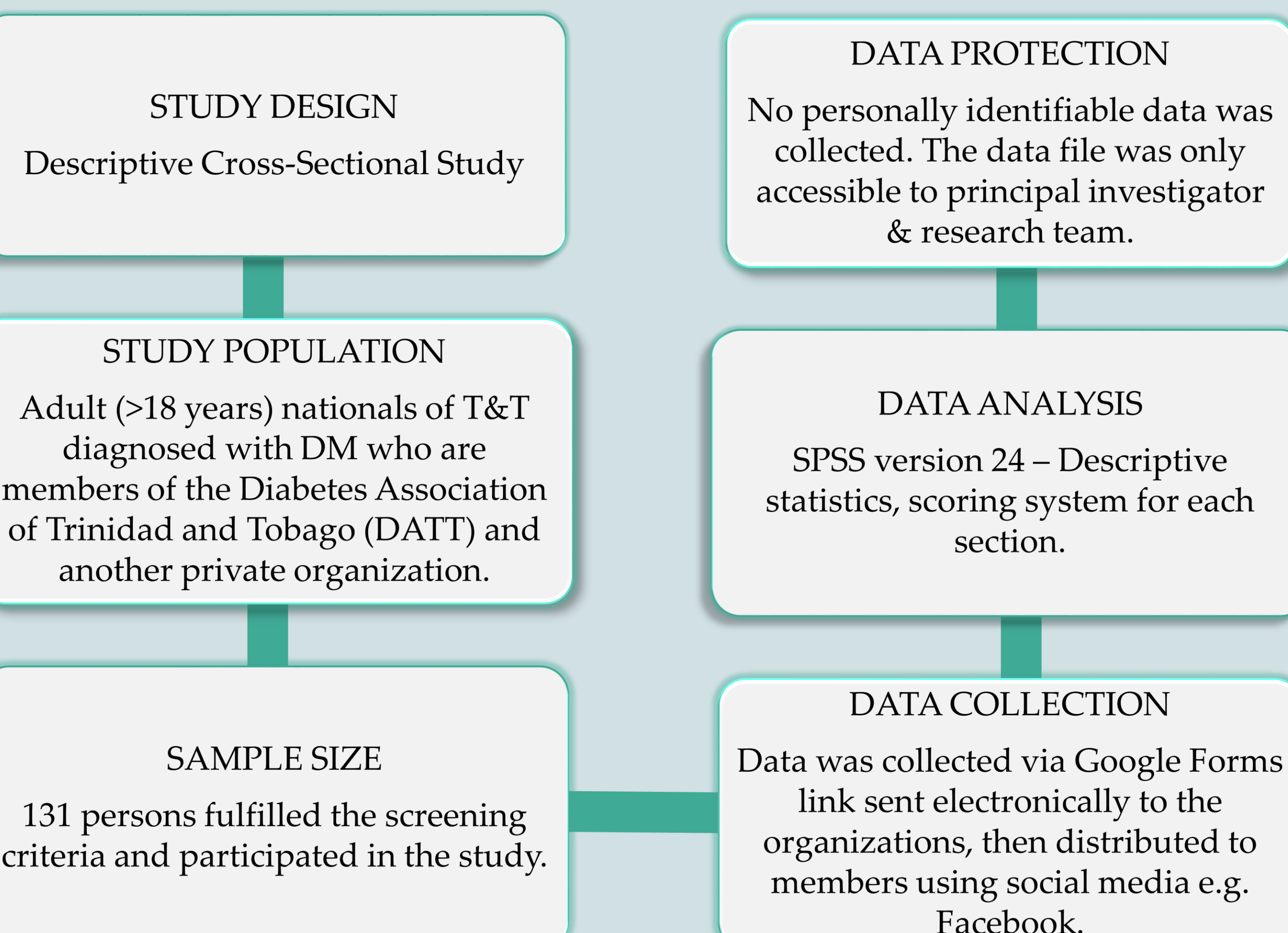
Introduction

Diabetes Mellitus (DM) prevalence in Trinidad and Tobago (T&T) has increased over the years. Studies have been done on the Knowledge, Attitude and Practices (KAP) of diabetic patients in the public health sector. None have been done among members of private associations within T&T, which are focused on improving their members' lifestyle through education, with the aim of prevention/self management of chronic illnesses including diabetes. These persons may be more knowledgeable and motivated to take necessary steps in diabetes self-management.

Objectives

1. To determine participants' knowledge about diabetes and physiologic health parameters goals in management of the condition.
2. To determine participants' attitude towards self-management of diabetes and its relationship to self-management practices and prevalence of diabetes complications.
3. To determine participants' practice of self-management of diabetes and its relationship to their knowledge of DM.

Methodology



Results

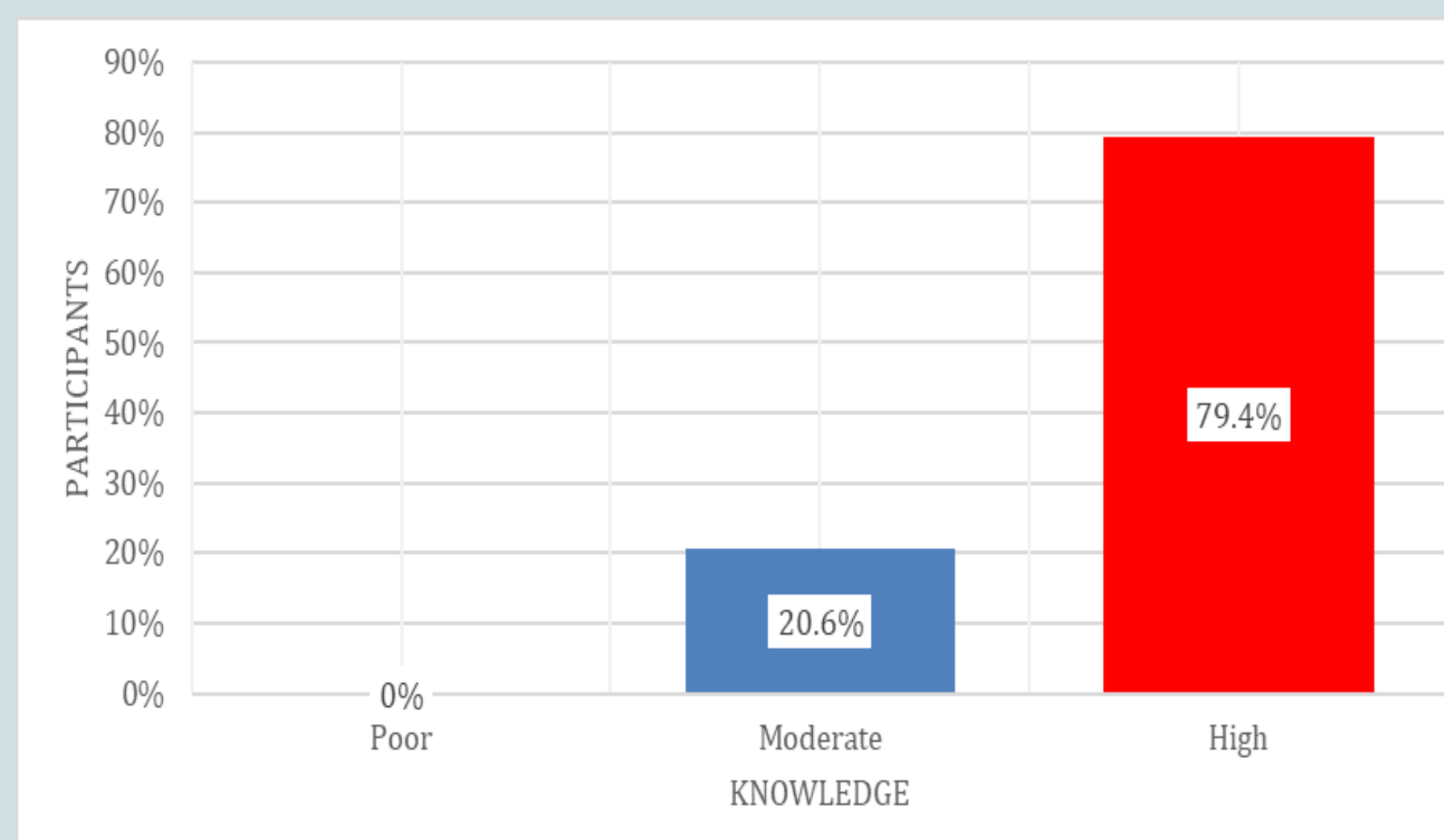


Figure 1: Overall scores for knowledge about diabetes and physiological health parameters goals in management of the condition

- There was no statistical association found between knowledge and demographics, knowledge and complications or knowledge and attitudes.

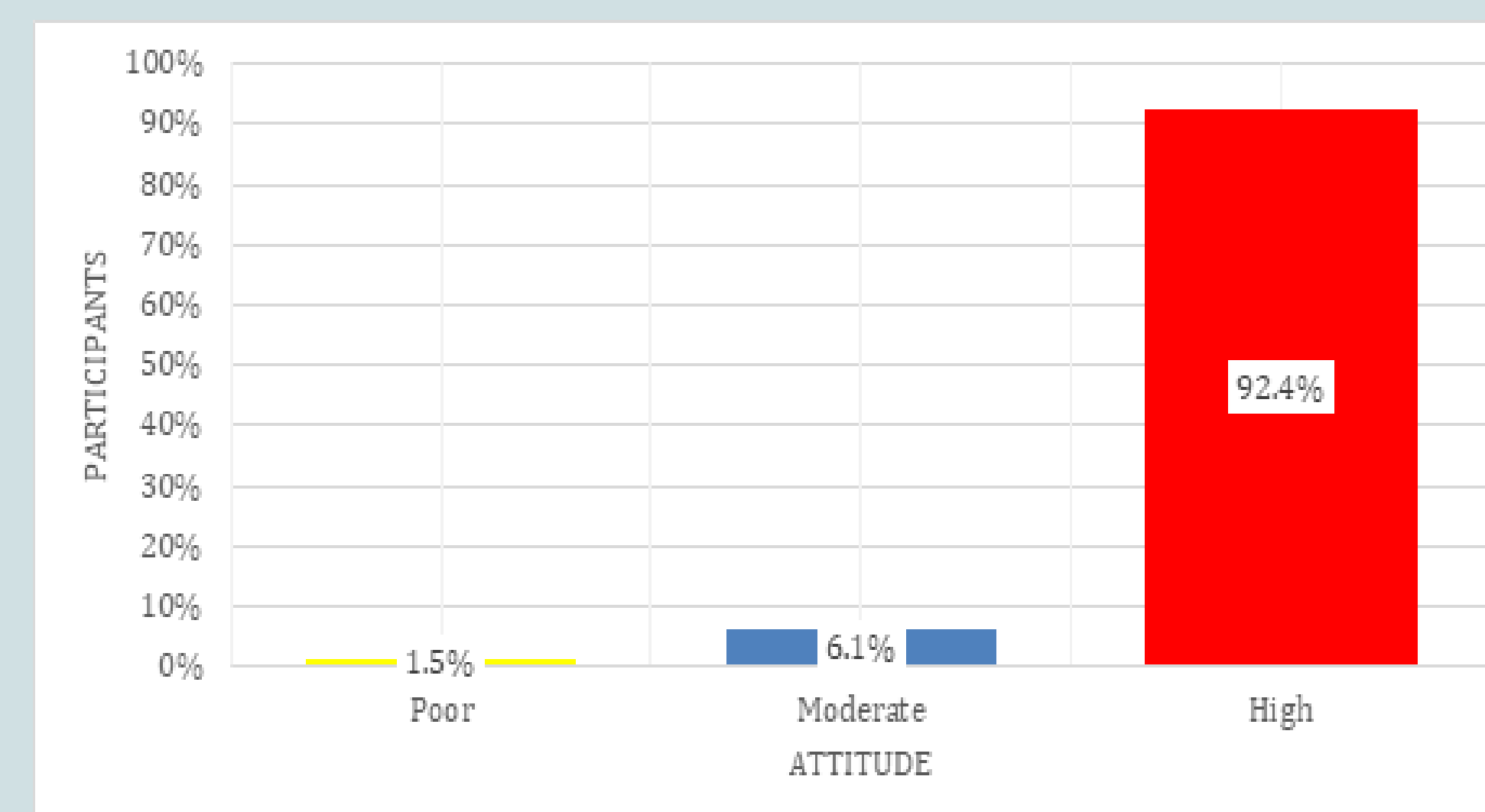


Figure 2: Overall scores for attitude towards self-management of diabetes

- A significant association was found between attitude and complications of DM. Persons with high attitude towards DM had less complications

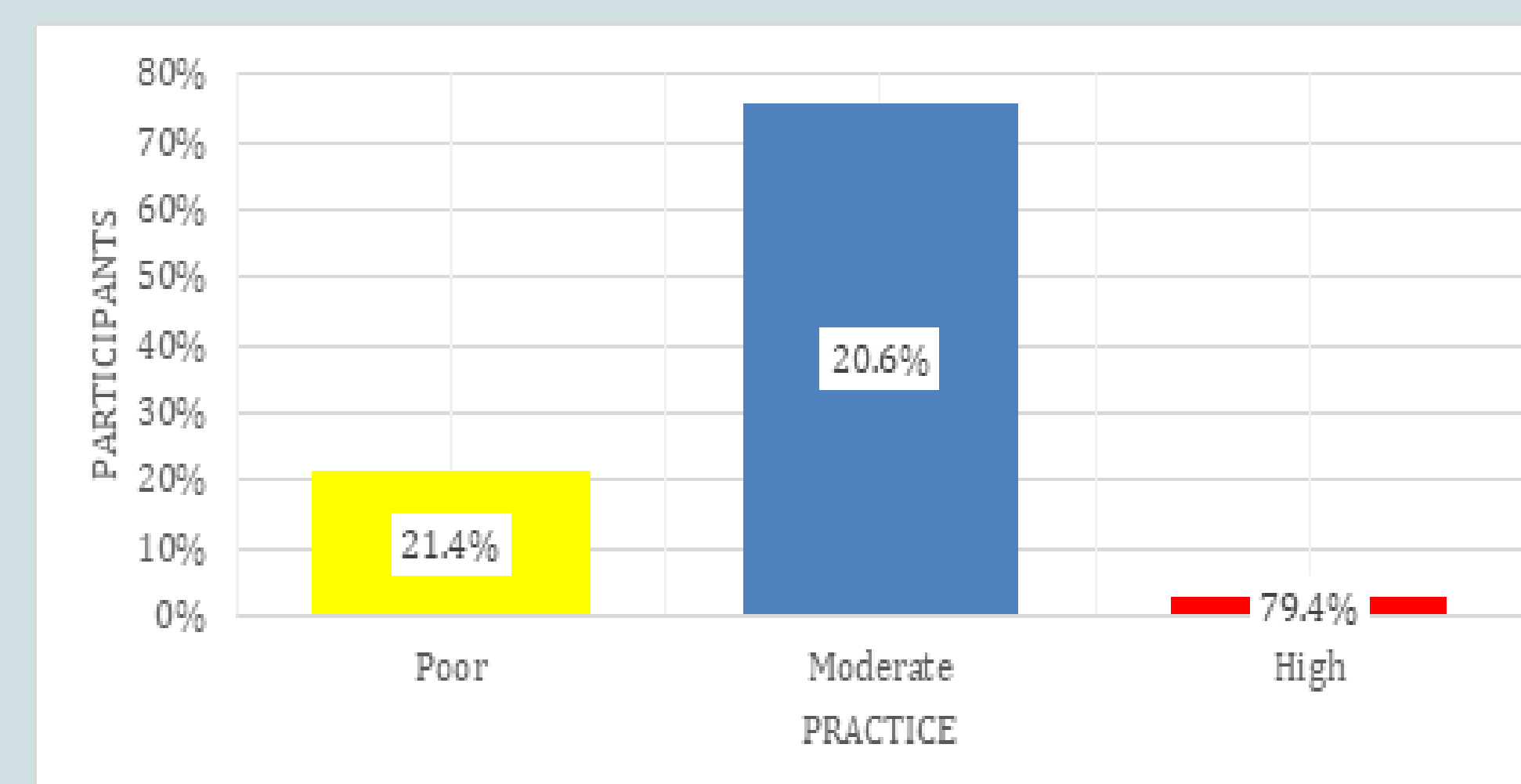


Figure 3: Overall scores for practice of self-management of diabetes

- There was no statistical association seen with practice and knowledge or practice and attitude.
- A significant association exists between stroke and level of practice.

Discussion

Participants showed a high level of knowledge (Fig.1) on many aspects of DM such as the importance of taking their insulin. When it came to prevention/management of DM, patients demonstrated a high level of understanding of many methods.

Along with high levels of knowledge, participants displayed greater levels of attitude (Fig.2) when it came to the appropriate practices. Their responses showed a willingness and acceptance of what must be done to maintain proper diabetic control.

Despite high levels of both knowledge and attitudes, participants achieved moderate scores for practices (Fig.3). Their self-management was seen as poor overall. Compliance with medication, taking required doses of insulin, adhering to proper diets and footcare were not up to par with respect to their condition.

When analysing the results, it was apparent that patients possessed greater than sufficient knowledge and good attitudes when it came to diabetic practices, but displayed substandard discipline in the regular adherence to self management practices.

Conclusion

Participants of this study who exhibited health seeking behaviour by their membership in private associations, which promoted healthy practices, demonstrated high levels of knowledge and expressed positive attitudes about diabetes and diabetes self care. Participants reported low levels of complications but only had a moderate level of self management practice.

Education and point of view are likely not the only factors needed for proper self-care practice. The authors posit that financial, time and resource constraints may be factors influencing self care practice.

References

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2. National Institute of Diabetes and Digestive and Kidney Diseases: <https://www.niddk.nih.gov/healthinformation/diabetes/overview/risk-factors-type-2-diabetes>
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Acknowledgments

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