

KNOWLEDGE, ATTITUDE AND PRACTICES AMONG TYPE II DIABETIC EMPLOYEES ACCESSING THE OUT PATIENT CLINIC AT PETROTRIN POINTE A PIERRE

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Background: The increase in the prevalence of Diabetes II Mellitus has become a major health care problem affecting many nations all over the world. (Guidelines for Type II Diabetes in Estonia. Ivika Oja 2005). Complications associated with this disease have not only made diabetes one of the leading causes of mortality in many countries, it has also dramatically affected the quality of life associated with persons living with this condition. Diabetes not only increases the risk of developing other conditions such as coronary heart disease, it is also one of the leading causes of blindness and end-stage renal disease.(Nadir, Kheir et el, 2011).

Objective: To investigate the current level of knowledge , attitudes and perceptions on Type 2 Diabetes of the employees attending the out-patient clinic, and to determine if the level of Knowledge, Attitude and Practices is associated with proper management of the disease.

Methodology: A cross sectional survey was used to gather data on the knowledge, attitude and perception of 80 employees accessing the diabetic outpatient clinic at Petrotrin. Participants were recruited using convenience sampling and information was collected using a 32 item questionnaire. A further three qualitative questions were asked to illicit suggestions for improvement in the health services, dietary practices and exercise behavior. Data was tabulated and analyzed using SPSS version 12.0 to assess the differences between sexes and age groups the Chi Square test was performed.

Results:The study showed that there was a positive relationship between the knowledge, attitudes, practices and the management of type 2 diabetes mellitus. There were no differences in the level of knowledge, attitudes and practices when gender and age group was taken into consideration

Conclusion: The study has found that generally there was a positive association between a good level of knowledge, attitude and practices and the management of the evidence from this research supports the idea that increase exposure to information on the facts and management of the disease may lead towards a better attitude towards the condition and in turn better management through positive lifestyle practices that will control the implications of the disease.