

A QUANTITATIVE ANALYSIS OF NON-COMPLIANCE WITH DIETARY REGIMEN AMONGST PREGNANT WOMEN WITH DIABETES.

Authors: Ramlakhan-Roopnarine M, Joseph A, Alexander T, Eric Onokpikini U, Jogee M, Ottley Wright W, Ocho ON.

OBJECTIVES

- (i) To identify whether there was an association between socioeconomic factors and compliance with prescribed dietary regimen
- (ii) To identify whether knowledge affected compliance with diet regimen
- (iii) To identify cultural and lifestyle issues which may influence compliance with prescribed dietary management
- (iv) To identify whether clinical support services, contributed to the level of compliance to prescribed dietary regimen.

METHODS

A cross-sectional descriptive quantitative study, was conducted among 60 pregnant women diagnosed with diabetes and attending antenatal clinics at the Port of Spain General Hospital, San Fernando General Hospital and Mt Hope Women Hospital. Data collection was done using a semi-structured questionnaire among 20 participants from each hospital. The data gathered were then analysed using SPSS version 20.

RESULTS

The study showed that 28 (41.7%) respondents had pre gestational diabetes while 32 (58.3%) had gestational diabetes. Respondents had adequate knowledge of diabetes management, had attended a consultation with a dietician; however, most of the information regarding diabetes management was given by the Doctor. Being taught about blood glucose levels was positively correlated to management of hyperglycaemia (0.455, $p < 0.01$) and hypoglycaemia (0.383, $p < 0.01$). Further, confidence to eat recommended meals daily was positively correlated to eating appropriate foods (0.372, $p < 0.01$) while their management of hyperglycaemia was positively correlated to the emotional experiences (0.371, $p < 0.01$). While they had good levels of knowledge, they generally had difficulty complying with recommended dietary recommendations.

CONCLUSIONS

This study highlights the fact that DM is a growing phenomenal amongst pregnant women. It further identifies factors that contribute either positively or negatively to the client's compliance to their recommended dietary regimen. Although the women expresses the importance of dietary compliance, it was noted that these women do struggle with complying to their diet in some way or the other.

References

- Asif, M. (2014). *The prevention and control the type-2 diabetes by changing lifestyle and dietary pattern. Journal of education and health promotion*, 3(1), 1.
- Al-Rasheedi, A. A. S. (2014). *The Role of Educational Level in Glycemic Control among Patients with Type II Diabetes Mellitus. International Journal of Health Sciences*, 8(2), 177-187.
- Baboolal, Y. (2012, March 13) *Diabetes in T&T ranked No 2 killer. Guardian Newspaper Online.*
<http://www.guardian.co.tt/news/2012-03-12/diabetes-tt-ranked-no-2-killer>