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RESEARCH ARTICLE

KNOWLEDGE, ATTITUDE AND PRACTICE OF TYPE 2 DIABETIC PATIENTS – A CROSS-SECTIONAL STUDY.

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Abstract

Background: Diabetes is highly prevalent globally as well as in India. It is a leading cause of morbidity and mortality. Increasing awareness about prevention of Diabetes and its complications is of key importance. Knowledge, attitude and practices regarding diabetes reduce complications and decrease the mortality and morbidity rate.

Objective: To assess knowledge, attitude and practices of patients with Diabetes?

Material and Methods: A cross-sectional study was conducted on 168 diagnosed cases of Type 2 Diabetes Mellitus attending OPD of Sub District Hospital Hazratbal which is the field practice area of Community Medicine Department of GMC Srinagar from December 2017 to March 2018. Patients were given a predesigned prevalidated pretested structured questionnaire.

Results: 45% of the subjects know what diabetes is but only 10% knows what causes diabetes. The subjects had poor knowledge regarding features of diabetes, drug therapy. 62% subjects believe that exercise and diet modification both should be done to control Diabetes but Misconceptions about the diet is prevailing like 78% of the subjects still believes that bitter substances can cure diabetes. 50% of the subjects believe that insulin should be avoided and majority (90%) believes that it is habit forming. The overall attitude and practice towards diabetes was low. Only 36% of the population still believes that doctor is responsible for their diabetic care. Only 26% of the populations were checking their sugar regularly and only 15% of the population had glucometer at their home. 40% of the populations were taking herbal medicine.

Conclusion: Although KAP regarding Diabetes among Diabetic Patients Is low but majority of patients in our study have misconceptions about causation and treatment of the Disease like sweet foods causing Diabetes (95%) and Insulin as habit forming drug (95%).

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Introduction:-

Currently, in the world 387 million people are living with Diabetes Mellitus and by 2035, this figure is going to touch 592 million¹. A United Nations resolution in 2007 confirmed diabetes mellitus as a significant global public health issue². 80% of people with Type 2 Diabetes mellitus live in middle and low income countries and almost half of them are undiagnosed³. Diabetes mellitus prevalence is increasing globally⁴ more so in developing countries like

India (9.1%)^{3,5,6}. Prevalence of DM in Kashmir was found to be 6.5% and is showing a rising trend in Kashmir valley as per study by⁷

As one of the major social determinant in the progression of Diabetes is poor health literacy^{8,9,10}. Awareness among diabetic patients can prevent chronic co morbidities of the disease, which will impact significantly on the quality of life of such patients. Awareness of diabetes can help people to assess their risk, to seek proper care and treatment and inspire them to take charge of their disease for their lifetime⁷

Knowledge, Attitude and Practice studies have generated enough evidence regarding the need to create awareness among diabetics regarding prevention, control of risk factors and disease management^{11,12,13}. Further Diabetes is showing a rising trend in Kashmir valley⁷ Thus we conducted a KAP study regarding Diabetes.

Material & Methods:-

A cross-sectional study was conducted on 168 diagnosed cases of Type 2 Diabetes Mellitus attending OPD of Sub District Hospital Hazratbal which is the field practice area of Community Medicine Department of GMC Srinagar from December 2017 to March 2018. Patients were given a predesigned prevalidated pretested structured questionnaire^{14,15} in order to assess knowledge, attitude and practice of such patients towards the disease. Those who were not physically or mentally fit were excluded.

Results:-

Table no.1:-Age wise distribution of patients (n=168)

Age	No. of patients (%)
30-39	7(4.1)
40-49	29(17.3)
50-59	78(46.4)
60-69	43(25.6)
70-79	9(5.4)
>80	2(1.2)

Table no.2:-Gender wise Distribution of patients

Gender	n=168
Male	54%
Female	46%

Table no.3:-Assessment regarding Diabetes and its features (N=168)

Questions to assess Knowledge	Percentage (n=178) Yes response (%)
What is diabetes?	45
What causes diabetes?	15
Sugar containing foods	95
Insulin as a cause	5
Can diabetes be cured?	30
How can diabetes be detected?	
Features of Diabetes	
Polyuria	32
Polyphagia	30
Weight Loss	5
Numbness in feet	3
Can be asymptomatic	15
Excessive Thirst	31
Don't know	28
Is diabetes hereditary?	30
Is diabetes infectious?	10

Regarding Knowledge of Diabetes Mellitus, 45% of the subjects know what diabetes is but only 15% knows what causes diabetes. Majority of Patients (95%) believes that sugar containing foods cause Diabetes. Further, the subjects had poor knowledge regarding the features of diabetes.

Table no.4: Assessment regarding Knowledge of exercise and diet among diabetics (N=168)

Knowledge of drug therapy	Percentage
Once DM is control drug should be stopped?	42
Drug is more important than diet control?	40
Herbal drugs are better?	20
Insulin Should be avoided?	50
Insulin is habit forming	92

Regarding Knowledge of exercise and diet, 62% subjects believe that exercise and diet modification both should be done to control Diabetes but Misconceptions about the diet is prevailing like 78% of the subjects still believes that bitter substances can cure diabetes.

Table no. 5:-Knowledge regarding drug therapy (N=168)

Knowledge of exercise and diet	Percentage
What should be done to control DM?	
Exercise	42
Diet Modification	70
Both	62
Exercise should be done only by obese?	19
Bitter substances can cure diabetes?	78

Regarding knowledge of drug therapy, the subjects had poor knowledge about drug therapy. 50% of the population believes that insulin should be avoided and majority (92%) believes that it is habit forming.

Table 6:-Assessment regarding Attitude and practice towards diabetes

Respondent attitude and practice	Percentage
Who is responsible for your diabetic care?	
Yourself	68
Doctor	36
Family	12
Do you include fruits?	88
Do you include GLV's in your diet?	80
Do you have glucometer?	15
Do you check your sugar regularly?	16
Do you check your foot regularly?	24
Do you take herbal drugs?	40

The overall attitude and practice towards diabetes was low. Only 36% of the population still believes that doctor is responsible for their diabetic care. Only 26% of the populations were checking their sugar regularly and only 15% of the population had glucometer at their home. 40% of the populations were taking herbal medicine. While majority of patients were taking fruits (88%) and GLV (80) in their diet.

Discussion:-

Knowledge regarding Diabetes and its features among diabetic patients in our study was not good. The results are similar with previous studies which have also reported poor knowledge^{16,17,15}. Low levels of knowledge were also reported in a Western Nepal study¹⁸. Also, Bangladesh study¹⁹ reported poor knowledge of DM in rural areas even in patients suffering from type 2 DM. Islam FMA *et al*¹⁹ and Thabit MF²⁰ also found limited levels of knowledge of diabetes management, its risk factors and complications. In contrast, Ng SH *et al*²¹, Saleh F *et al*²² and Saadia Z *et al*²³ found good knowledge of Diabetes among diabetic patients in their studies. Saleh F *et al*²² found that 82% of diabetic patients had basic knowledge of diabetes in an urban area. In our study majority of patients had misconceptions about causation of Disease like sugar containing foods causing diabetes. A study by Shah VN *et al*¹⁵ also found that only 17% of subjects know about causation of Diabetes.

Regarding attitude and practices, the overall attitude and practices in our study were poor. This is similar to study by Saadia Z *et al*²³ who reported lower than desirable levels of attitude and practices. In contrast, Ng SH *et al*²¹ reported good attitude and practices among respondents.

The management of DM not only requires appropriate nutritional and pharmacological regimen prescriptions by the physician but also intensive counselling and education of the patient¹⁵.

Conclusion:-

Although KAP regarding Diabetes among Diabetic Patients Is low but majority of patients in our study have misconceptions about causation and treatment of the Disease like sweet foods causing Diabetes (95%) and Insulin as habit forming drug (95%).

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