

Poster presentations
Theme 1: Patient empowerment

PP7

Hypoglycaemia prevention practices among diabetic patients attending the Diabetic Centre, Teaching Hospital Jaffna

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Background and objective: Wrong dose of hypoglycaemic agents, excessive exercise, inadequate food and other triggers result in hypoglycemia among patients with diabetes mellitus. This study aimed to assess the hypoglycaemia prevention practices and influencing factors among diabetes mellitus patients attending the Diabetic Centre, Teaching Hospital Jaffna.

Methods: This was a hospital-based descriptive cross-sectional study carried out among 283 Type 1 and Type 2 diabetes mellitus patients attending the Diabetic Center, Teaching Hospital Jaffna. Systematic sampling was used to recruit participants. Data were collected by using an interviewer-administered questionnaire. Data were analyzed by SPSS version 23. Mean, SD, and percentages were used to describe the data. Chi-square test was used to assess associations between variables.

Results: The response rate was 90% (n=255). The mean age of the participants was 58.4 (± 14.6) years; two-thirds (65.1%) were female. Most participants (80%) used oral hypoglycemic agents; only a few were on insulin therapy. A third had experienced hypoglycemia and, among them, two-thirds (66.6%) experienced hypoglycaemia at night. More than half (54.1%) had adequate hypoglycaemia prevention practices. The latter were significantly associated with duration of diabetes, currently taking oral tablets, and having a history of hypoglycaemic episodes ($p < 0.05$).

Conclusion: This study shows that a substantial proportion of diabetic patients visiting the Diabetic Centre, Teaching Hospital Jaffna, have inadequate hypoglycaemia prevention practices.

Keywords: Hypoglycaemia, Jaffna, Practice, Diabetes Mellitus