

# **Evaluation of Glycemic Control, BMI, and Knowledge on Diabetes Mellitus among Patients with Type II Diabetes Mellitus Based on Gender**

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Knowledge on Diabetes Mellitus is important for the self-management of patients with Type II Diabetes Mellitus, which can help to maintain the glycemic level under control. This study was aimed to compare the glycemic control, BMI, and knowledge on Diabetes Mellitus between male and female patients with Type II Diabetes Mellitus. The cross-sectional descriptive study was done with the validated interviewer-administered questionnaire among 192 patients with Type II Diabetes Mellitus attending diabetic clinic at Teaching Hospital, Jaffna during May 2017, who were selected with systematic random sampling. The data were analyzed with chi-square and t-test to compare the results between male and female patients. The findings revealed that 64.6% (124) were female and only 14.5% (28) had education above O/L. The overall mean knowledge of Diabetes Mellitus was 15.81 (SD=2.41) which was a moderate level of knowledge. Among the participants 15.62% (30) had poor knowledge on Diabetes Mellitus, where 12% were female, which was not statistically significant ( $p=0.095$ ). When considering glycemic control of participants, 59.4% (114) were uncontrolled, where 42.7% (82) were female and there was a significant difference found between male and female participants on glycemic control ( $t=-3.064$ ,  $p=0.003$ ). Regarding BMI, 28.1% (54) were obese and among them 22.4% (43) were female among them with the significant  $p$  value 0.047. The findings have shown that the female patients had uncontrolled glycemic level, poor knowledge, and obese when compared with male. Therefore, the health care professionals need to concern more about female patients when caring the Type II Diabetes Mellitus patients.

**Key words:** Patients with Type II Diabetes Mellitus, Knowledge on Diabetes Mellitus, Glycemic control.