

Knowledge on prevention of diabetic complication and its association with prevalence of complication and known risk factors among type 2 diabetes patients at Diabetic Centre, THJ.

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Background: As the prevalence of diabetes mellitus is increasing in developing countries, it is the time to learn and prevent the complications of the disease. The Objective of this study was to assess the knowledge on prevention of type 2 diabetic complications and its association of known risk factors on prevalence of type2 diabetic complication among patients attending to the diabetic clinic Centre, Teaching hospital, Jaffna.

Methods: A Hospital based cross sectional descriptive study was used to identify the samples. The tool used was pre- tested interviewer administered questionnaire which was contain components to cover all specific objectives. To describe the prevalence of known risk factors and complication frequency tables were used and expressed in a percentage.

Results: Out of the 300 type 2 diabetic patients, 2/3rd of them were females. 41% having good knowledge in type 2 diabetic complication, 12% having macro vascular complications, 38.3% having retinopathy, 43.1% having neuropathy. In the prevalence of known risk factors 43.3% are having overweight, 23% are having obesity, 15.7% are consuming alcohol, 19.7% are having habit of tobacco and betel chewing, 33.3% unhealthy dietary pattern, 65.7% are having hypertension, 72.3% dyslipidemia, 23.7% high physical activity, 50% are having moderate physical activity and 26.3% are having low physical activity. There is a significant association between knowledge on known risk factors and prevalence of neuropathy ($p \leq 0.003 < 0.05$). And also there is a significant association between knowledge on alcohol consumption and prevalence of alcohol consumption ($p \leq 0.043 < 0.05$). Surprisingly we could not get any significant association between knowledge on known risk factors and prevalence of risk factors (dyslipidemia- $p \leq 0.287 > 0.05$) and between knowledge on prevention of complication and prevalence of complication (neuropathy- $p \leq 0.945 > 0.05$) as well.

Conclusions: Further prospective follow up studies among Diabetic patients are required to establish causality for identification of risk factors and prevalent complication at all clinic levels