

## **Knowledge, attitude, and practice on diabetic mellitus among the patients attending the Diabetes center in Teaching Hospital Jaffna**

Anfas A M<sup>1</sup>, Senavirathne W A A S<sup>1</sup>, Sumaiya R<sup>1</sup>, Ranasinghe A M T<sup>1</sup>, Ifthiya A B<sup>1</sup>, Kesavan R<sup>2</sup>,  
Kumaran S<sup>1</sup>, Aravinthan M<sup>3</sup>

<sup>1</sup>Faculty of Medicine, University of Jaffna

<sup>2</sup>Provincial Department of Health Services Office, Jaffna

<sup>3</sup>Teaching Hospital, Jaffna

**Introduction and objectives:** Diabetes mellitus is a double burden health issue in middle income countries, and it has become a major and growing contributor to mobility and morbidity all over the world. The aim of this study was to describe the knowledge, attitude and practice on diabetic mellitus and their associated sociodemographic factors among the patients attending the Diabetic centre in Teaching Hospital Jaffna.

**Methods:** It was a descriptive cross-sectional hospital-based study conducted among 430 diabetic mellitus patients selected by systematic sampling. An interviewed administered questionnaire was used to collect data. Level of knowledge was classified as good, average, and poor based on the median score obtained by patients. Attitude and practice were assessed with Likert scale. Attitude was graded as negative and positive. Practice was graded as good and poor.

**Results:** The median value scored by the patients for knowledge was 26, where 191 (44.4%) of them had good knowledge, 48 (11.2%) had average knowledge and 191 (44.2%) had poor knowledge regarding diabetes mellitus. The knowledge on diabetic mellitus did not show statistically significant differences based on sociodemographic factors such as sex ( $p=0.242$ ), age ( $p=0.818$ ), marital status ( $p=0.67$ ), family income ( $p=0.774$ ), education level ( $p=0.77$ ), current employment status ( $p=0.722$ ), duration of diagnosed disease ( $p=0.341$ ), family history of diabetic mellitus ( $p=0.378$ ). There were statistically significant differences between knowledge on diabetic based on religion ( $p=0.013$ ). Regarding attitudes on diabetic mellitus, 226 (52.6%) of them had positive attitude and 204 (47.4%) of them had negative attitude. Attitude on diabetic mellitus did not differ based on as sex ( $p=0.627$ ), age ( $p=0.721$ ), religion ( $p=0.242$ ), marital status ( $p=0.187$ ), family income ( $p=0.682$ ), education level ( $p=0.362$ ), current employment status ( $p=0.673$ ), duration of diagnosed disease ( $p=0.484$ ) and family history of diabetic mellitus ( $p=0.696$ ). Among the participants 190 (44.2%) of them had good practice on managing diabetic mellitus and 240 (55.8%) of them had poor practice. Practice of diabetic mellitus differed based on sex ( $p=0.027$ ), and marital status ( $p=0.035$ ) and not based on age ( $p=0.101$ ), religion ( $0.081$ ), family income ( $p=0.184$ ), education level ( $p=0.062$ ), current employment status ( $p=0.247$ ), duration of diagnosed disease ( $p=0.924$ ) and family history of diabetic mellitus ( $p=0.149$ ).

**Conclusion:** Diabetic patients had more than average knowledge and positive attitudes toward diabetic mellitus but poor practice on following management strategies.

**Keywords:** Diabetic patients, Knowledge, Attitude, Practice, Jaffna.