

# 11<sup>th</sup> Asia Pacific Diabetes Conference and Expo

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## Knowledge, attitudes and practices and its association with glycemic control among type 2 diabetes mellitus patients in a Tertiary Hospital in Davao City

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**Introduction:** Patient education is the cornerstone of diabetes care. This study was conducted to determine the knowledge, attitudes and practices (KAP) among patients with type 2 diabetes mellitus and find out if these factors are associated with glycemic control.

**Objectives:** This cross-sectional analytic study aims to identify the demographic profile of the subjects and assess their level of Knowledge, Attitude and Practices (KAP) towards diabetes mellitus (DM). It also aims to determine the association between the patients' KAP and glycemic control of DM among patients in a diabetic clinic.

**Methods:** Type 2 DM patients were recruited using the convenient sampling method from a diabetes clinic. KAP were assessed using a 54-item structured KAP questionnaire and control of DM was evaluated from the most recent HbA1C levels.

**Results:** A total of one-hundred sixty-eight patients (168) with T2DM participated. In this study, we found out that the level of knowledge, attitude and practices among patients following up in a managed diabetes center in a tertiary hospital is adequate achieving 56%, 66% and 91%. Good KAP is found in majority of females, above 60 year old, overweight, high waist-to-hip ratio, at least high school level, unemployed, with family history of DM, less than 10 years diabetic, those who attended DM classes, and without smoking history. However, these results were found not to be statistically significant except for educational attainment for knowledge domain, female gender for attitude domain and unemployment status for the practice domain. There was a strong association between knowledge and attitude, but not with knowledge and practice ( $P > 0.05$ ). No significant association was noted between good KAP and glycemic control. Other plausible factors like socioeconomic constraints and lack of resources to facilitate medication adherence must also be identified and addressed to achieve better disease control. This study also emphasizes that providing patient education through diabetes classes and the presence of an integrated multidisciplinary team is important for enhancing patient KAP.

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## Beliefs and practices of diabetic patients in Vhembe district of Limpopo Province

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Diabetes mellitus (DM) is a chronic health condition affecting over 18 million people worldwide. It is a progressive disease that can lead to debilitating complications and premature death if not effectively controlled. The prevalence of diabetes among South African adults has increased by 50% between 2009 to date and an increase is expected by some 11 million new diabetes diagnoses by the year 2020. The purpose of this study was to describe the beliefs and management practices of patients with diabetes mellitus in Vhembe district, Limpopo province. The study was conducted at Vhembe district clinics. A probability, purposive sampling was used to sample 100 diabetic patients. Data was collected between June and October 2013, using a pre-tested structured questionnaire. Data were analysed using the Statistical Package for Social Sciences (SPSS) version 19.0. Descriptive statistics, frequencies and percentages were used to summarize the data from the study. Results of this study revealed that the majority of the respondents had poor management practice of feet care and annual eye examination. A substantial number of the respondents believed that diabetes mellitus can be cured. Majority did not believe that diet helps in the management of diabetes mellitus. The majority of diabetic patients still hold beliefs about diabetes mellitus (DM) such as, DM is curable. This could have a negative effect where patients can quit taking treatment once the disease is under control. This happens irrespective of the National guidelines for the management of DM. Therefore, some strategies should be sought that could enhance the implementation of the guidelines in order to combat the disease.

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