

11th Asia Pacific Diabetes Conference and Expo

July 11-12, 2016 Brisbane, Australia

Self care practice and its associated factors among diabetic patients in Addis Ababa public hospitals: A cross sectional study

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Background: Diabetes is one of the most prevalent non-communicable diseases globally, presenting a significant public health burden on the basis of its increasing incidence, morbidity, mortality, and economic costs. The prevalence of the disease is gradually increasing in the developing countries; Ethiopia is also facing a growing morbidity and mortality of diabetes. Self care of diabetes is essential for control of the disease and improvement of quality of patients' life. Thus, this study has assessed self care practice and its associated factors among diabetes mellitus patients in Addis Ababa public hospitals.

Methods: In this cross-sectional study, 660 diabetic patients were selected through systematic random sampling method; data was collected from November to December 2011. Patients were interviewed using a structured questionnaire. Based on the patients answer to the practice questions patients were categorized as those with good and poor levels of practice. Binary and multivariate logistic regressions were used to exam the association between self-care practice and different factors.

Results: The result of the study showed that only 60.3 % (95% CI: 56%, 64%) of participants had good self care practice. There was significant association between mode of treatment AOR= 1.94(95%CI: 1.31, 2.87), social support system AOR=1.59(95% CI: 1.10, 2.31), being member of diabetic association AOR= 2.39(95% CI: 1.19, 4.81), diabetes education from health professionals AOR= 2.79(95% CI: 1.95, 3.99) diabetes knowledge AOR= 3.13(1.54, 6.39) and good self care practice.

Conclusion: Despite the important role of self-care practice in management of diabetes and preventing its serious complications, a substantial number of the patients had poor self-care practice especially lack of regular exercise and self monitoring of blood glucose, which have critical roles in controlling diabetes.

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