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# DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

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## Knowledge about complications of diabetes among diabetic patients attending in general health checkup, Nepal

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**Statement of the Problem:** Diabetes Mellitus (DM) has risen exponentially over the last three decades, with a resultant increase in morbidity and mortality mainly due to its complications. The study aimed to assess the knowledge about the complications of diabetes and its management among diabetic patients attended in general checkup.

**Methodology & Theoretical Orientation:** A cross-sectional observational study was conducted among 100 diabetic patients in Tribhuvan University Teaching Hospital with written informed consents. The data were entered in Microsoft Excel version 2010 and analyzed using SPSS version 20.

**Findings:** Majority of female patients (78.8%) had knowledge of diabetes mellitus (DM). Over half (51.9%), (53.8%) and (57.7%) had knowledge that diabetes can cause the problems of CVS, kidney failure, and retinopathy respectively, but identified lacking comprehensive management. Moreover, the majority (92.3%) of the patients with more than 5 years duration of diabetes had knowledge of diabetic complications. Out of them, slightly over four-fifths (82.1%) had the knowledge that the diabetic patient have to do eye check-up annually and approximately seventy-two percent (71.8%) knew about the kidney failure as the complication of diabetes.

**Conclusion:** Female diabetic patients had slightly more knowledge in comparison to their male counterparts that was generally higher among 40 years of age above patients with more than 5 years duration of diabetes. Sex and age were not associated with the knowledge of diabetic complications such as eye check-up annual, kidney and CVS problem, hypoglycemia, neuropathy, foot problem, retinopathy, DKA, and stroke. However, duration of patient's diabetics was associated with CVS problem, eye check-up, and retinopathy, but was not associated with a kidney problem, hypoglycemia, neuropathy, foot problem, DKA, and stroke. In order to make patients along with their family know about diabetes and its complications, Comprehensive Diabetic Management (CDM) including peer educations and counseling can be implemented.

### Biography

Yagya Laxmi Shakya has done MD in General Practice from Institution of Medicine, Tribhuvan University, Kathmandu, Nepal in 2003. She is working as a faculty in the Department of Emergency and General practice for the last 13 yrs. Now she is designated as Associate Professor since 2014. She has the responsibility of clinical works, teaching-learning activities, guidance for medical officer MD resident, intern, junior intern, supervises elective students from a European and South Asian country. She is a general practitioner works in general practice outpatient department and also in General Health checkup where different types of the patient come for screening and regular checkup and for required treatment. She acted as a guide for MD resident for their thesis/research. She has done various researches such as geriatric problems, patterns of diseases in Nepali women, causes of self-harm in Nepal. She is doing Distance Fellowship in Diabetes (DFID) management from Vellore, India.

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