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Factors associated with good glycemic control among Tamil patients with type 2 diabetes mellitus: A case control study

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The present study aimed to determine the factors associated with good glycemic control of Diabetes Mellitus (DM) patients among the Tamils in a selected center in the Batticaloa District, Sri Lanka. An unmatched case control study was conducted among 339 patients with DM in medical clinics, Teaching Hospital, Batticaloa. The case patients (n=113) were those who had fasting blood sugar less than or equal to 110mg/dl and the controls (n =226) were those who had fasting blood sugar more than 110mg/dl in at least 3 clinic visits during last 6 months. The validated and pre-tested interviewer administered questionnaire was completed by interviewing patients and using medical records. Logistic regression analysis was carried out to predict the factors associated with good glycemic control. Duration of DM (OR 0.39, 95% CI=0.19 - 0.80), doing regular exercise (OR 5.96, 95% CI=3.08 - 11.51), fix time for consumption of medication (OR 4.22, 95% CI=1.59 - 11.24), regular clinic follow-up (OR 4.61, 95% CI=1.22 - 17.34) and normal body weight (OR 0.15, 95% CI=0.08 - 0.31) were found to be the factors associated with good glycemic control in the multivariate logistic regression model. Patients with DM need to have regular clinic follow-up and they should be consistently advised to adhere the medication instruction for achieving good glycemic control. Further, regularly involved any kind of exercise for 4 hours or more a week should be emphasized among Tamil patients with DM to maintain normal body weight as well as to achieve good glycemic control.

Biography

Gnanaselvam Kisokanth is pursuing his final year PhD degree at Faculty of Graduate Studies, University of Sri Jayewardenepura, Sri Lanka and he is a Lecturer at BSc Nursing degree program at Eastern University, Sri Lanka. He has published more than 15 papers in journals as well as international conferences.

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