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The adherence to self-care management and the degree of depression among DM type 2 clients

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Background: In 2014, diabetes global prevalence was estimated to be 9% among adults (WHO, 2015). According to Diabetes Management Center (2010), 220,000,000 people suffer from DM type 2 worldwide. Depression is the second leading cause of burden of disease in 2030 worldwide. Approximately, 17% of all people with DMT2 suffer from depression. Depression is associated with non-adherence to medical regimens and self-care behaviors. Depression is commonly found among diabetic patients and is associated with poor outcomes in disease control.

Aim: The study aimed to determine the extent of adherence to self-care management- medication taking, diet, exercise, self-monitoring of blood glucose and degree of depression among DMT2 clients considering the working status and the duration of having DMT2.

Methods: Quantitative, descriptive, co-relational design was utilized. Purposive random sampling was done with 392 respondents aging from 18-65, who were diagnosed with DMT2 residing in Baguio City. Modified questionnaire and Beck's depression tool-II were distributed. F-test, t-test, and Pearson correlation coefficient method were used.

Result: Adherence to medication taking, diet, exercise and self-monitoring of blood glucose were determined. No significant difference in adherence to self-care management according to working status and duration of diabetes and mild mood disturbances according to working status and duration of diabetes were identified. Pearson correlation coefficient of 0.83 was revealed and interpreted as having a large positive association.

Conclusion: Adherence to self-care management was present among DMT2 clients and has no association with working status and duration of diabetes. As depression increases, the adherence to self-care management decreases.

Recommendation: Regular screening for depression among DMT2 should be done. Government and NGOs should facilitate information dissemination regarding DMT2 self-care management and health programs such as diabetes club. Barangay Health Workers should be trained to perform screening tests to monitor blood glucose and to compute BMI to prevent complications.

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