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**A study of treatment compliance in regular follow up, routine investigation and complication screening among diabetic patients presenting in BPKIHS, Dharan****Jenesh Shrestha, Ghimire A, Baral D D, Shrestha J, Karki P and Maskey R**  
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**Background:** Type 2 diabetes is typically a chronic disease associated with a ten-year-shorter life expectancy because of the number of complications with which it is associated.

**Objective:** To find the association between treatment compliance (adherence in regular follow up, routine investigations and complication screening) and other related variables.

**Method & Materials:** One hundred and twenty consecutive out-patients of internal medicine BPKIHS for follow up of diabetes who are diagnosed as diabetic for at least 1 year. Face to face interview was taken to fill the semi-structured questionnaire which included patients detail and information regarding regular follow up, routine investigations and complication screening.

**Results:** Out of 120 respondents, most were of age group more than 60 years with female preponderance 76 (63.3%). 60 (50%) respondents were compliant for follow up and reasons of missing the appointment were 21 (35%) reported due to poor accessibility, 19 (31.6%) reported lack of time, 15 (25%) reported being unable to come by oneself (geriatric patients), 4 (6.7%) reported financial problem and 1 (1.7%) reported ignorance about follow-up. 71 (64.5%) had some complications which are 47 (42.7%) had hyperlipidemia, 11 (10%) had diabetic retinopathy, 9 (8.1%) had nephropathy, 4 (3.6%) had neuropathy, 6 (5.4%) had cataract and 3 (2.7%) had glaucoma.

**Conclusion:** We found that the compliance in the routine investigation (i.e. 90.0%) and screening of the complication (i.e. 91.8%) was much better than that in follow-up (i.e. 50.0%).

**Biography**

Jenesh Shrestha has completed his MBBS from B P Koirala Institute of Health Sciences, Dharan, Nepal. His articles are based on different types of cancers, endocrinological diseases, gastrointestinal diseases, economy associated with health problems, etc., has been reviewed by the few renowned journals of South Asia and the United States. He is currently a Member of Nepal Medical Association, American Medical Association and Nepal Medical Council. He is also an active member of Physician for Social Responsibility Nepal. He is an ECFMG Certified Doctor in US.

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