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Level of glycemic control and barriers of good compliance among diabetic patients in Al-madina, Kingdom of Saudi Arabia

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Aim: This study is designed to determine the level of glycemic control among diabetic patients in Al-Madina and to explore which type of DM shows better glycemic control. In addition, we aim to define barriers of good compliance in diabetic patients who have had HbA1c test of 7% or more.

Subjects and methods: A cross sectional analytic study was conducted and included diabetic patients participated in the campaign (Your Health is Your Life II) held in Al-Madina. Data collected by administering a questionnaire and measuring glycosylated hemoglobin (HbA1c), blood pressure, weight and height for all participants.

Results: Among 164 participants, only 24.4% achieved the recommended goal of HbA1c level (<7%). Higher percentage of achieving this goal is observed among type 2 diabetics (26.2%) than type 1(10.5%). Higher educational level, being on diet prescribed by physician or dietitian, duration of DM less than 5 years and visit of diabetic clinic within the past 3 months were associated with better HbA1c level while age above 50 and treatment with both (insulin+pills) or insulin alone were associated with lower level of control. Forgetfulness was the barrier in more than the half of patients with HbA1c of 7% or more while fear of insulin injection is the only factor which showed statistically significant difference between males and females.

Conclusion: High percentage of patients did not attain the recommended target of HbA1c level which is nearly comparable to results reported from many countries. This may indicate the presence of a gap between recommendations of the international guidelines and the actual practices. Regular clinic visits and good communication between physicians and patients may contribute to better glycemic control.

Biography

Mahmoud Abou-Gamil is a medical student who expected to graduate from medical school of Taibah University by the end of June, 2014. He is very interested in the research field especially issues related to diabetes mellitus as this disease constitutes a very challenging health problem in Saudi Arabia. He has a paper published in Journal of Taibah University Medical Sciences on 2013. In addition; another study paper is now on progress and discusses the glycemic control and barriers of good compliance among diabetic patients of the population of Al-Madina, Saudi Arabia.

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