

Study on Knowledge, Attitude and Practice Regarding Diabetes Mellitus Related Eye Complications and Compliance to Diabetes Mellitus Treatment among Diabetes Patients of National Hospital of Sri Lanka

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Background

Diabetes mellitus is a metabolic disease characterized by hyperglycemia resulting from defect in insulin secretion, insulin action or both. The chronic hyperglycemia of diabetes mellitus is associated with long-term damage, dysfunction and failure of various organs, especially retina, kidney, nerves, and in addition an increased risk of cardiovascular disease. 347 million people worldwide have diabetes and it is a major health problem for developing and developed countries. Diabetes retinopathy is a one of the major diseases causing blindness. It is important to assess the knowledge, attitude and practices regarding eye complications and eye care in order to prevent the occurrence of diabetes retinopathy and to implement effective health promotion among diabetes patients.

Aims & Objectives

To assess the knowledge, attitude and practices regarding Diabetes Mellitus related eye complications and compliance to Diabetes Mellitus treatment among Diabetes patients.

Material & Methods

A descriptive cross sectional study was carried out among diagnosed diabetic patients who have been followed up for one to three years in the Diabetic clinic, National Hospital of Sri Lanka. A sample of 150 was selected by using convenient sampling method. Their knowledge, attitude and practices were assessed using an interviewer administered close ended questionnaire. Frequencies, percentages and associations between variables were analyzed using SPSS computer database.

Results

Among them 55.3% were females and 44.7% were males. 54 (36 %) of them were between 51 to 60 years of age. 122 (83.3 %) of them were studied up to ordinary level. Majority of the population were housewives 77 (51.3%). 33 (22%) were retired and 22 (14.7%) were doing business. Of 150 participants, Good level of knowledge regarding diabetes related eye complications, eye care and management options were seen among 77(51.3%), 146(97.3%) and 11(7.3%) persons respectively, but 113 (75.3%) of participants have poor knowledge on treatment options for Diabetes related eye complications. Level of compliance was satisfactory among 75 (50%), good among 64 (42.7%) and poor among 11 (7.3%). Also it was revealed that 74% of participants had a good attitude in eye care. 64 (42.7%) of the participants showed good compliance to treatment but 75 (50%) showed satisfactory level. There is a significant difference in level of education with knowledge of eye complication, care and treatment options. But there is no statistically significant association between level of knowledge on eye complications and the level of compliance ($p = 0.057$). There is no statistically significant relationship between age and knowledge on eye complications, eye care, treatment options and compliance to treatment.

Conclusions

In this study, the recommendations made were to further strengthen health education on diabetes related eye complications and treatment options at clinic level and to have individual and group level discussions to improve compliance to treatment. Also further studies are recommended to be carried out to identify the factors affecting knowledge, attitude and practices regarding diabetes related complications and compliance to treatment. Key words Diabetes Mellitus, Retinopathy.