

Assessment of Patient Nutritional Knowledge Level On Diabetes Mellitus and Develop an Information Guide Sheet On Diabetic Diet

INTRODUCTION

Diabetes mellitus is a group of metabolic disease characterized by elevated level of glucose in the blood (hyperglycemia) resulting from defect in insulin secretion, insulin action or both. -It is more prevalent in the elderly (45-70 year of age). The transition from a traditional to modern life style, consumption of diet rich in fat and calories combined with high level of mental stress has compounded the problem further.

The objective of the study were:

1. To assess the knowledge level regarding dietary management of patients suffering from type2 diabetes mellitus.
2. To determine attitude towards dietary management of patients suffering from type2 diabetes mellitus.

Key words - Nutritional Knowledge, Diabetes Mellitus and Diabetic Diet

BACK GROUND OF THE STUDY

The world health organization (WHO) has projected that the global prevalence of type II diabetes will more than double from 135 million in 1995 to 300 million by 2025. According to diabetes atlas published by the International Diabetes Federation (IDF), there were an estimated 40 million persons with diabetes in India on 2007 and this number is predicted to rise to almost 70 million people by 2025. India is the diabetic capital of the world. It also predicted that India is going to be diabetic capital of the world representing 80% of all diabetics from entire world. It also increases the risk of a variety of complication including end-stage kidney disease, coronary heart disease, stroke, and other vascular disease. Diabetes imposes large economic burdens on national health care systems and affects both national economies, individuals and their families. Inadequate practices of diabetic diet and it is associated with the **poor knowledge regarding** dietary management of the diabetes mellitus of the patients leading to complications due to lack of self motivation, self learning and appropriate follow up. So it is showed that, **lack awareness and lack of self motivation are the reason for alarming increases in the incidence of diabetes mellitus.**

A comparative study was conducted on Knowledge, Belief, and practices of diabetic patient in Tamilnadu, India by applying questionnaire method. The results showed that there is a large gap between knowledge and action in both groups and there is a need for increased efforts toward patient education regarding diabetes.

Methods used

The conceptual framework used in the present study was based on Omer's self care model. The study was design on a "non experimental descriptive survey approach" at selected medicine OPD of district hospital Bijapur, Karnataka. Population of the present study comprises that the type2 diabetes mellitus patients attending the medicine OPD. Non-probability purposive sampling is used to hand pick sample member. Total sample size of the present study consists of 75 type2 diabetes mellitus patients. Tool were used mainly structured questionnaire on knowledge, attitude and practices of diabetic diet among type2 diabetes mellitus patients. Likert scale to assess the attitude towards the dietary management of diabetes mellitus. **Plan for data analysis:** was analyzed descriptive and inferential statistics. Chi-square test was used to find the association between knowledge, attitude and practices regarding dietary habits of patients suffering from type2 diabetes mellitus

RESULTS: Data collected from 75 type2 diabetes mellitus patients the major findings were as following .

Findings related to **socio-demographic variable**, above 60yrs age group were-36(48%),the maximum number of subjects 39(52%) were females. Majority of the subjects 57(76%) were married. Majority of the subjects 30(40%) had primary education only. The maximum number of subjects 27(36%) had monthly income of less than Rs. 500 per month.

Findings related to **knowledge, attitude and knowledge of practice score** of the type2 diabetes patients regarding dietary management.

The majority of subjects 33(44%) had average knowledge, 18(24%) had good knowledge score and 24(32%) had poor knowledge score of subjects regarding dietary management

The majority of subjects 39 (52%) had neutral attitude, 21 (28%) had positive attitude and 15 (20%) had negative attitude score of subjects regarding dietary management

Association between **knowledge and practice score** regarding dietary management of diabetes mellitus. Table 5 reveals that majority of subjects 39 (52%) had average level of practice, 21 (28%) had adequate practice and 15 (20%) had inadequate practice score of subjects regarding dietary management

DISCUSSION-Demographic data shows reasonable distribution of type2 diabetic patient in relation with age, gender, education status and monthly income. The highest percentages (48%) of the type2 diabetic patient

were in the age group of above 60 years which coincides with etiology of diabetes mellitus. Fifty two percentages of the type2 diabetic patients were from female gender group and this may be due to the faulty food habits in the female gender group. Majority of the subjects (40%) were from primary level educational group. It can be reasonably concluded that illiteracy especially in female still exists in India. From the total number of samples majority (36%) of the subjects were from the lowest income group that is less than 5000 per month which again coincides with poverty status in India.

CONCLUSION- Based on the findings of the study, it is concluded that most of the subjects had average knowledge, neutral attitude and average practices regarding dietary management of the diabetes mellitus.

The majority of subjects are female and the most of subjects were belonged to the age group above 60 years and married. Most of them had primary education and secondary education. The subjects had monthly income of less than Rs.5000 per month.

Statistical analysis using chi-square to find association between the knowledge and attitude score of type2 diabetes mellitus patient, given calculated value 25.58 shows an association at 0.05 level of significance.

NUTRITIONAL IMPLICATION- The findings of this have implication for nutritional practice, nutritional education, nutritional administration and nutritional research.

Development of Informational guide sheet:

The pamphlet on dietary management of diabetes mellitus was developed. It was validated by the experts in the field of nutrition and dietetics.

The pamphlets was titled as `Diabetic Diet`. The pamphlets was prepared to enhance the knowledge, attitude and practices of type2 diabetes mellitus people regarding dietary management of diabetes mellitus

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