IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Descriptive Study To Assess The Knowledge On Self Care Practices Of Diabetes Mellitus Among Patients With Diabetes Mellitus In Scpm Hospital Gonda Up With The View To Develop An Information Booklet

1. **Dr. Prashant Kumar Mishra, (Ph.D Nursing) Associate Professor, Department of Medical Surgical Nursing, SCPM College of Nursing and Paramedical Sciences, Lucknow Road, Gonda, U.P.**
2. **Ulfat Jahan, B.Sc. Nursing (4th Year), SCPM College of Nursing and Paramedical Sciences, Lucknow Road, Gonda, U.P.**
3. **Uma Devi Yadav, B.Sc. Nursing (4th Year), SCPM College of Nursing and Paramedical Sciences, Lucknow Road, Gonda, U.P.**
4. **Vishakha Sharma, B.Sc. Nursing (4th Year), SCPM College of Nursing and Paramedical Sciences, Lucknow Road, Gonda, U.P.**
5. **Uma Pandey, B.Sc. Nursing (4th Year), SCPM College of Nursing and Paramedical Sciences, Lucknow Road, Gonda, U.P**

Abstract

INTRODUCTION- Diabetes is becoming more common in the United States. From 1998 through 2002, the number of Americans with diabetes more than doubled and increased in all age groups Currently

Objectives-

- To assess the level of knowledge on self-care practices of diabetes mellitus among patients with diabetes mellitus
- To associate the level of knowledge on self-care practices of diabetes mellitus among patients with diabetes mellitus with their selected demographic variables.
- To prepare the information booklet.

METHODS AND METHODOLOGY- The present study was a pre-experimental one group pre-posttest research study to recruit the who are diabetic patient were selected by the using of purposive sampling technique. The data collection by the face to face and observation technique through the self-structured questionnaire, after that the data collection the data analysis based on the objectives and hypothesis. **RESULTS-** Shows that among DM patients 2(3%) had excellent knowledge, 5(8%) had a very good knowledge, 27(45%) had good knowledge, 26(43%) had affair knowledge and no one DM patients have a poor knowledge about self-care practices of diabetes mellitus. **DISCUSSION AND CONCLUSION-** The main conclusion drawn from the present study was that most of the Diabetes mellitus patients had inadequate Level of knowledge regarding self care practices of Diabetes mellitus. Thus, it was concluded that, Information Education and Communication on self care practices of Diabetes mellitus among patients with Diabetes mellitus may be improve the level of knowledge. So the information booklet was distributed to diabetes mellitus patients.

Keywords- Diabetic patient, booklet.

INTRODUCTION

Diabetes is becoming more common in the United States. From 1998 through 2002, the number of Americans with diabetes more than doubled and increased in all age groups Currently , it is estimated that more than 23 million people in the United States have diabetes, although almost one third of these cases are undiagnosed. The number of people newly diagnosed with DM increased by about one million per year. By 2030 the number of cases in expected to exceed 30 million. In 2000 worldwide estimate of the percentage of diabetes was 171 million people and by 2030 , this is expected to increase to more than 360 million. Diabetes is mainly prevalent in the elderly ; as many as 50 percent of people older than 65 years of age have some degree of glucose intolerance. People 65 years and older account for almost 40percent of people with diabetes. Prevalence of diabetes increase among all gender and race groups.

Worldwide the incidence and prevalence of diabetes continues to rise due to both an increasing incidence of type 1 diabetes in children, and type 2 diabetes due to lifestyle changes particularly in developing countries. In sports, diabetes is found at all levels of competition, and becomes a more common features given the growing number of master athletes and because type 2 diabetes is occurring at increasingly younger ages. Also, given the markedly improved management possibilities of both type of diabetes more diabetic patients are able to compete at elite levels.

According to the World Diabetes Atlas, India is projected to have around 51 million people with diabetes. However, these data are based on small sporadic studies done in some parts of the country. Even a few multi-centre studies that have been done, have several limitations. Also, marked heterogeneity between States limits the generalizability of results. Other studies done at various time periods also lack uniform methodology, do not take into consideration ethnic differences and have inadequate coverage. Thus, till date there has been no national study on the prevalence of diabetes which are truly representative of India as a whole. Moreover, the data on diabetes complications is

even more scarce. Therefore, there is an urgent need for a large well-planned national study, which could provide reliable nationwide data, not only on prevalence of diabetes, but also on pre-diabetes, and the complications of diabetes in India. A study of this nature will have enormous public health impact and help policy makers to take action against diabetes in India. The prevalence of diabetes mellitus is growing rapidly worldwide and is reaching epidemic proportions.

It is estimated that there are currently 285 million people with diabetes worldwide and this number is set to increase to 438 million by the year 20303. The major proportion of this increase will occur in developing countries of the world where the disorder predominantly affects younger adults in the economically productive age group4. There is also consensus that the South Asia region will include three of the top ten countries in the world (India, Pakistan and Bangladesh) in terms of the estimated absolute numbers of people with diabetes.

METHODOLOGY

Research design

The present study was a cross-sectional descriptive analytical study which is conducted to assess knowledge on self-care practices of diabetes mellitus among patients with diabetes mellitus.

Sample and sampling technique

The study was a purposive non randomized sampling technique recruit the 60 diabetes mellitus patients of SCPM Hospital Gonda UP.

Study participants

The study was included diabetes mellitus patients who are willing to participate, diabetes mellitus patients who are attending OPD in SCPM Hospital, diabetes mellitus patients who present at the time of data collection, and both male and female diabetes mellitus. Study excluded the diabetes mellitus patients who are not willing to participate in study, and diabetes mellitus patients who are not able to read Hindi.

Description of Tool

Section A: Demographic variable. It includes the demographic variables such as a Age, Gender, Religion, Educational, status, Occupational status, Income, Marital status, Religion, Area of living, Type of family, Family history of diabetes, Duration of illness.

Section B: Multiple choice question to assess the knowledge on self-care practices of diabetes mellitus among patients with diabetes mellitus.

Data collection procedure

A prior permission obtained from principal of SCPM Hospital Gonda. The study was conducted for a period of 4 week. Informed written consent was obtained from the diabetes mellitus patients before starting data collection .The demographic variables was collected and structured questionnaire was used to assess the knowledge on self-care practices of Diabetes mellitus among patient with Diabetes mellitus.

Plan for data analysis

After coding the collect data, it was transferred to the master sheet. Then the data analyzed by using descriptive and inferential statistics. Descriptive statistics include frequency, percentage, mean, mean%, median, mode, standard deviation use used to explain the demographic variables and to compute the level of satisfaction with quality of nursing care. Inferential statistics include statistics include the chi — square test used to find association between level of knowledge and selected demographic variables.

Statistical analysis of the data:

1. Entering the data in master sheet.
2. Frequency and percentage were used for analysis of demographic characteristics.
3. Calculation of mean, median range ad standard deviation of knowledge scores.
4. Application of chi — square to find the association between demographic variables with knowledge score.

Ethical consideration

An ethical clearance certificate was obtained from the research ethical committee of SCPM college of nursing, Gonda. Informed consent was taken from the study participants after explaining the purpose of the study to them. The anonymity and confidentiality was maintained throughout the study.

RESULT

Table-1 Showing the requency and percentage distribution on level of knowledge on self-care practices of DM

Level of satisfaction	Frequency (f)	Percentage
Excellent	2	3%
Very good	5	8%
Good	27	45%
Fair	26	43%
Poor	-	-

Above table shows that among DM patients 2(3%) had excellent knowledge, 5(8%) had a very good knowledge, 27(45%) had good knowledge, 26(43%) had affair knowledge and no one DM patients have a poor knowledge about self-care practices of diabetes mellitus.

Table 2 Showing the categorical chi-sqaure association between level of knowledge on self-care practices of diabetes mellitus and selected socio-demographical variables

Demographic variables	**Frequency**	**Chi square value**		**Table value**	**Inference**
Age					
30-40year 40-	16				
50year	18	6.358	3	7.82	P>O.05 NS
50-60year	18				
Above 60year	8				
Educational status					
Primary education	20				
Secondary education	20	1.024	3	7.82	P>O.05 NS
Higher secondary education	14				
Graduate	6				
Occupational status					
Unemployed	18				
Private employee	19	1.602	3	7.82	P>O.05 NS
Retired government employee	14				
Daily wages	9				
Income					
5000-10000	25				
10000-20000	16	7.727	3	7.82	P>O.05 NS
20000-30000	10				
Above 30000	9				

Marital Status		0.82	1	3.84	P>O.05 NS
Married	41				
Unmarried	19				
Area of Living		2.196	1	3.84	P>O.05 NS
Rural	36				
Urban	24				
Type of family		5.724	2	5.99	P>O.05 NS
Joint Family	31				
Nuclear	25				
Extended	4				
Family history of Diabetes mellitus		0.366	1	3.84	P>O.05 NS
Hereditary	34				
Non Hereditary	26				
Duration of illness		3.588	3	7.82	P>O.05 NS
Less than one year	21				
1-3 Year	22				
3-5 Year	11				
Above 5 Year	6				

Above table revealed that the, there is no significant association between level of knowledge and self-care practices of Diabetes mellitus among patients with Diabetes mellitus such as age, gender, educational status, occupational status, income, marital status, religion, area of living, types of family and duration of illness Therefore the hypothesis stated there will be significant association between knowledge score and demographic variables is rejected Hypothesis-2(H2).

DISCUSSION

The primary aim of the study is to assess the knowledge on self care practices of diabetes militiaman patients with diabetes mellitus of SCPM Hospital Gonda UP with the view to develop an information booklet. The research approach used for this study was quantitative non-experimental approach and Descriptive cross sectional survey design was chosen. 60 samples was selected by using on probability Purposive sampling technique.

The structured self administered knowledge questionnaire was administered to assess the level of knowledge regarding self care practices of diabetes mellitus among patients with diabetes mellitus. The responses of diabetes mellitus patients were Analysed through descriptive statistics (Frequency, Percentage, Mean, Mean deviation) and inferential statistics (chi square). Discussion on the findings was arranged based on the objectives of the study. The first objective was to assess the level of knowledge on self care practices of diabetes mellitus amongpatients with diabetes mellitus. Among diabetes mellitus patients 2(3%) had excellent knowledge and 5(8%) had very good knowledgeand 27(45%) had good knowledge and 26(43%) had a fair knowledge. And no one diabetes mellitus patients have a poor knowledge about self care practices of the diabetes mellitus.

CONCLUSION

The main conclusion drawn from the present study was that most of the Diabetes mellitus patients had inadequate Level of knowledge regarding self care practices of Diabetes mellitus. Thus, it was concluded that, Information Education and Communication on self care practices of Diabetes mellitus among patients with Diabetes mellitus may be improve the level of knowledge. So the information booklet was distributed to diabetes mellitus patients.

REFERENCE

1. BRUNNER AND SUDDHARTH'S. Textbook of Medical Surgical Nursing . volume 2. 12th edition Woltersl<luwer Health Lippincott Williams and Wilkins ; Page no-1197-1201.
2. https://www.openaccessjournals.com/articles/
3. https://www.wada-ama.org/sites/default/files
4. https://ocrc.net/wh
5. https:((bmiopen.bmi.com/content/8(10/e017895
6. https://www.researchgate.net/publication/311352264 Knowledge and Practice of Self Care Management on Diabetes Mellitus among Urban Peoplecite
7. Mathur P, Leburu S, Kulothungan V. Prevalence, Awareness, Treatment and Control of Diabetes in India From the Countrywide National NCD Monitoring Survey. Front Public Health.
8. 2022 Mar 14;10:748157. Doi: 10.3389/fpubh.2022.748157. PMID: 35359772; PMCID: PMC8964146.
9. Zerihun Sahile L, Benavew Shifraew M, Zerihun Sahile M. Diabetic Self-Care Knowledge and AssociatedFactors Among Adult Diabetes Mellitus Patients on Follow-Up Care at North

Shewa Zone Government Hospitals, Oromia Region, Ethiopia, 2020. Diabetes Metab Syndr Obes. 2021

10. May|2:14:2111-2119. Doi:
11. Shiferaw WS, Gatew A, Afessa G, Asebu T, Petrucka PM, Aynalem YA. Assessment of knowledge andperceptions towards diabetes mellitus and its associated factors among people in Debre Berhan town,northeast Ethiopia. PLOS One. 2020 Oct 19;15(10):e0240850.
12. Doi: 10.1371/journal.pone.0240850. PMID: 33075078; PMCID: PMC7571671.https://journalgrid.com/journals/rjns/about-journal
13. Perera DP, De Silva RE, Perera WL. Knowledge of diabetes among type 2 diabetes patients attending aprimary health care clinic in Sri Lanka. East Mediterr Health J. 2013 Jul;19(7):644-8.
14. PMID: 24975310. Syed W, Alharbi MK, Samarkandi OA, Alsadoun A, Al-Rawi MBA, Iqbal A, Samreen S. Evaluation ofl<nowledge, Awareness, and Factors Associated with Diabetes: A CrossSectional Community-Based Study. Int J Endocrinol. 2022 Jul 16;2022:1921010. Doi:10.1155/2022/1921010. PMID: 35879976; PMCID: PMC9308543
15. Mufunda E, Wikby K, Björn A, Hjelm K. Level and determinants of diabetes knowledge in patients with diabetes in Zimbabwe: a cross-sectional study. Pan Afr Med J. 2012;13:78. Epub 2012 Dec
16. PMID:23396799; PMCID: PMC3567417 Abu-Qamar MZ. Knowledge and practice of foot self-care among Jordanians with diabetes: aninterview-based survey study. J Wound Care. 2014 May;23(5):247-50, 252-4. Doi.10.12968/jowc.2014.23.5.247. PMID: 24810308.