Awareness and usage of drugs among diabetic type 2 patients of 30-60 years who are attending the diabetes and endocrine clinic in North Colombo Teaching hospital, Ragama.

Group C 2.3

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Introduction

Type 2 diabetes, is a chronic hyperglycemic condition (1). Patients' knowledge about this illness is important in controlling its complications (2). Hence we planned to conduct our research to assess the awareness and usage of drugs among Diabetes type 2 patients .

objectives

To determine awareness and usage of drugs among diabetic type 2 patients of 30-60 years who are attending the diabetes and endocrine clinic in North Colombo Teaching hospital , Ragama

Method

Study type/design-cross sectional

Study setting -diabetes and endocrine clinic at North Colombo Teaching Hospital, Ragama

Study period-2019 December to 2020 January

Study population- Inclusion criteria Age 30 to 60 Diabetes mellitus type 2 Patients coming to North Colombo Teaching Hospital Ragama for more than 6 months, who are suffering from the disease more than 5 years. .

Sample size-384

Sampling method -cluster sampling and systemic sampling
Description of procedure -
We are using cluster sampling in order to select participants for our data collection. We have selected weekdays days from December 2019 to January 2020 and select patient per visit then using systemic sampling we are choosing every 2nd patient attend to clinic on that day from blue number 20 to 60.

Data collection tools – Data collected by interview based questionnaire.

Data collection – To collect good quality and reduce bias. Same person will be taking the interview and one person is observing the interviewer. Interview is done with the aid of questionnaire and the questionnaire will be completed by observer.

Data analysis – SPSS statistical package version 16 will be used to calculate the frequency of variables and to analyze the associations and differences between variables.

Results

Table 1

From whole sample of 384,

Gender	Male Female	39.3% 60.7%
Age group	30 – 40 year 40 - 60 year above 60 year	5.2% 60.7% 31.8%
Duration of disease	< 1 year 1 - 5 year > 5 year	8.3% 19.3% 72.4%
clinic attendance	< 6 months > 6 months	1.3% 98.7%
Belong to inclusion criteria	Valid Invalid	177 people – 46% 207 people - 54%
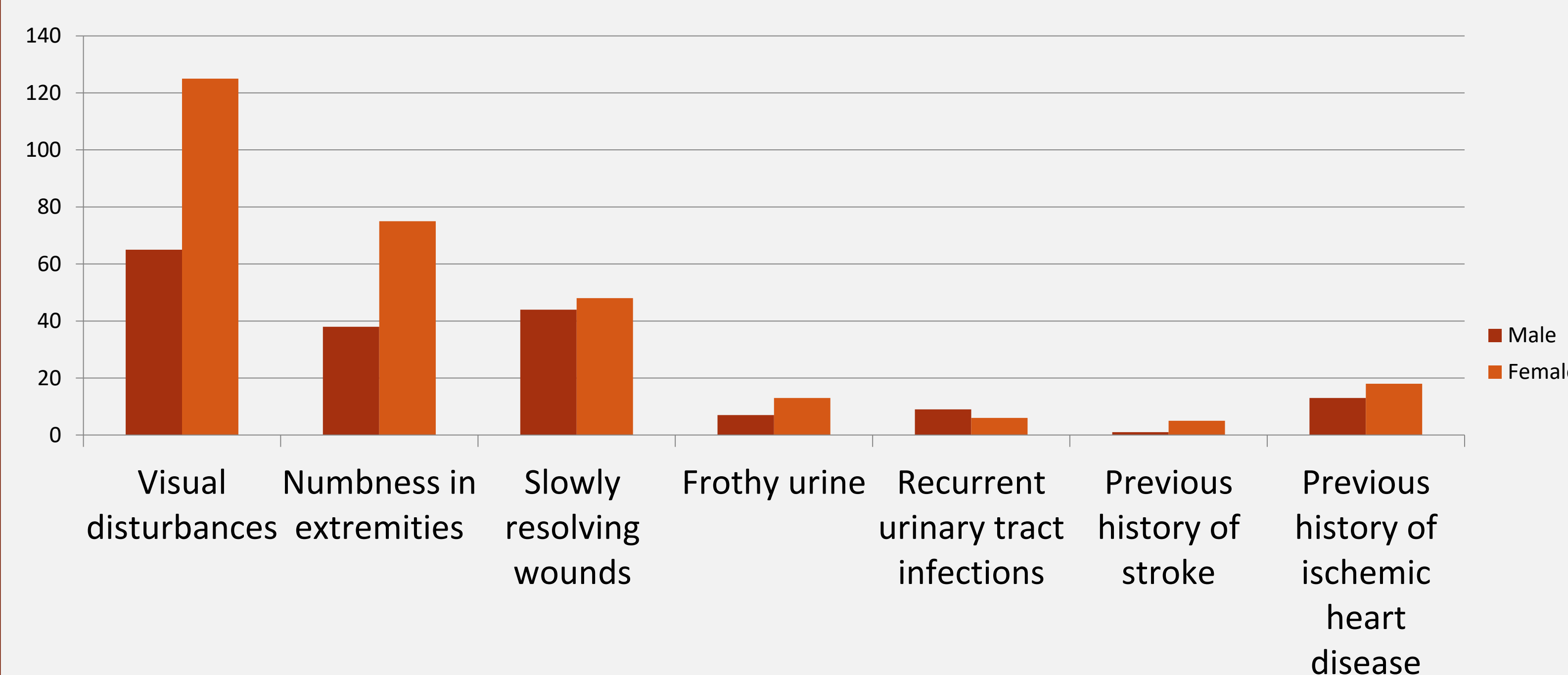
Figure 1: complications of 384 patients

Table 2

From inclusion criteria only,

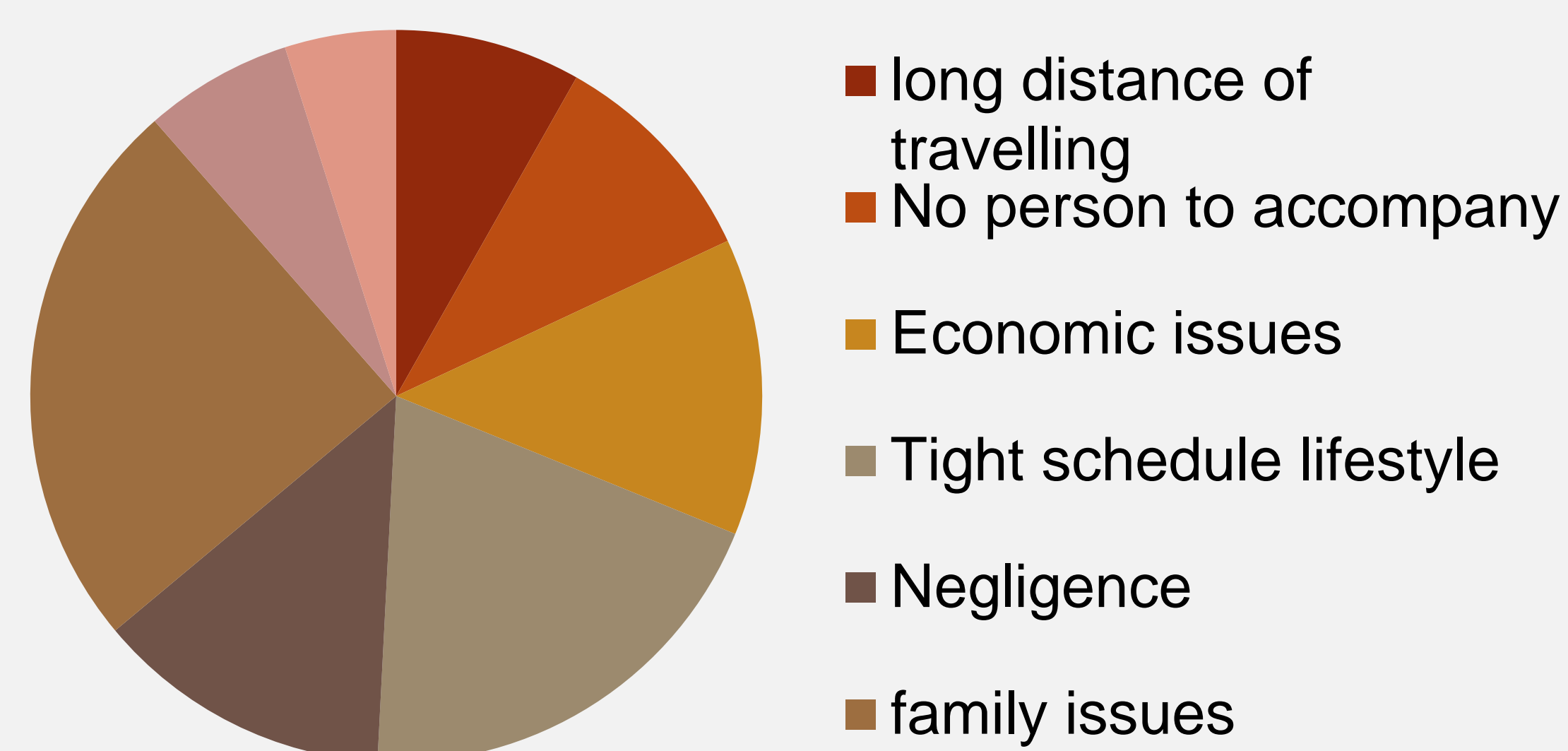| Attendance of clinic	Regular 92.7 Irregular 7.3
Therapeutic management	Insulin 26 = 14.7% Tablets 170 = 96% Both 19 = 10%
Understanding of advices given	Insulin 100% Tablets 100%
Usage of drugs	Insulin a) regular 100% b) irregular 0% Tablet a) regular 85.3% b) irregular 14.7%
Blood sugar level	Normal 76.3% Not within normal range 23.7%

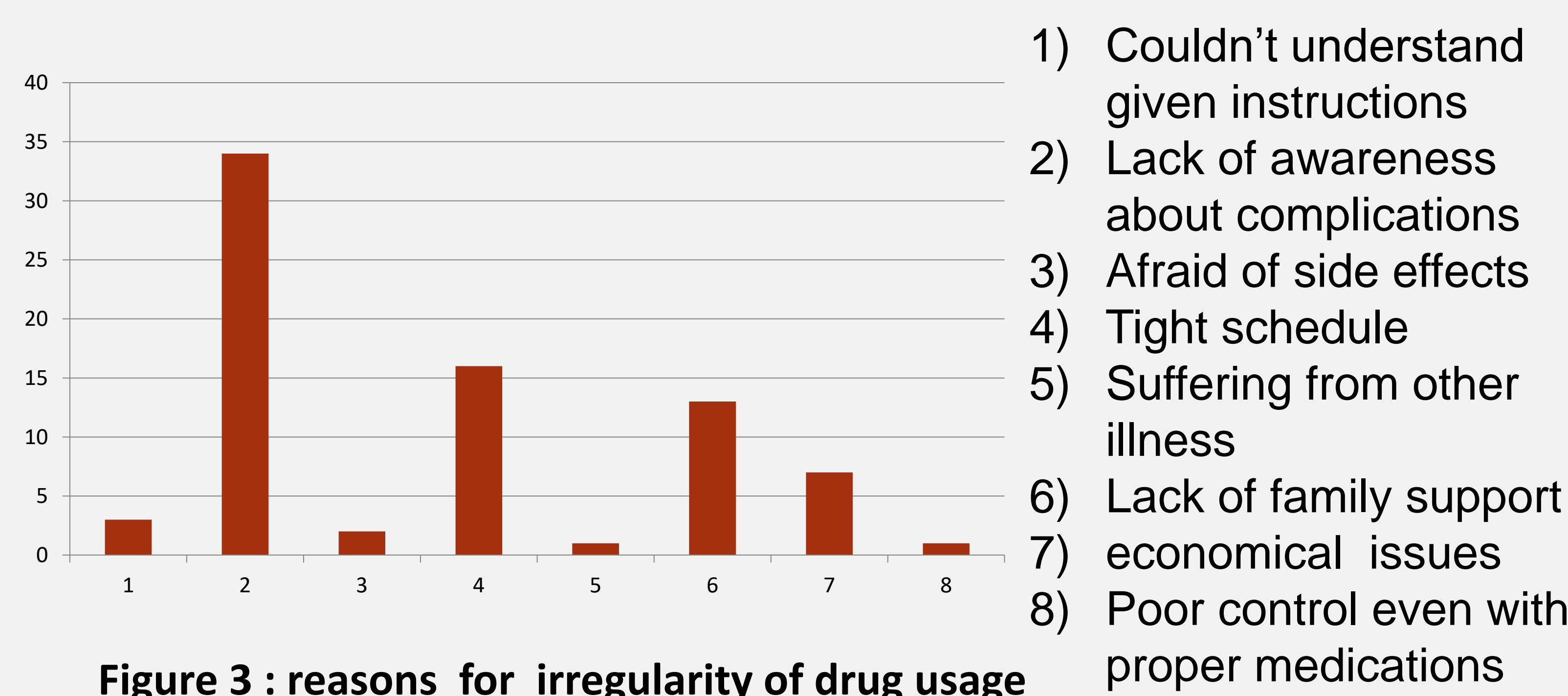**Figure 2: reasons for irregular attendance of clinic**

long distance of travelling
No person to accompany
Economic issues
Tight schedule lifestyle
Negligence
family issues

Figure 3 : reasons for irregularity of drug usage

1) Couldn't understand given instructions
2) Lack of awareness about complications
3) Afraid of side effects
4) Tight schedule
5) Suffering from other illness
6) Lack of family support
7) economical issues
8) Poor control even with proper medications

Results

79.3% of regular clinic attendance and 86.9% of regular drug uses have normal blood sugar levels, while only 38.5% of irregular clinic attendance and 16.5% irregular drug users have normal blood sugar levels.

conclusion

Majority of patients in the sample have regular clinic attendance and regular drug usage as instructed by clinic showing good awareness .
- All have understood given instructions on drug usage.
- Main reason for irregular attendance was family issues and irregular drug usage was lack of awareness of complications of the disease.
- Majority have normal blood sugar levels while irregular clinic attendance and irregular drug users show poor control of blood sugar levels.

RECOMMENDATION

- Make more weight on complications of diabetes if not properly controlled in awareness leaflets.
- provide drugs for 2or 3 months period if patients face difficulty in regular attendance ensuring measuring of blood sugar levels.

References

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(2). Perera DP, De Silva RE, Perera WL. Knowledge of diabetes among type 2 diabetes patients attending a primary health care clinic in Sri Lanka. Eastern Mediterranean Health Journal. 2013; 19(7): 644-648.

Acknowledgement