

Factors affecting compliance to management of diabetes in Urban Health Center of a tertiary care teaching hospital of south India.

[Santhanakrishnan I¹](#), [Lakshminarayanan S¹](#), [Kar SS¹](#).

Author information

Abstract

AIM:

To Study the Factors affecting compliance to diabetes management and study risk factors and complications of type II diabetes.

SETTINGS AND DESIGN:

Primary health center, Descriptive study.

MATERIALS AND METHODS:

A descriptive study of previously diagnosed diabetics (n = 135) attending the chronic disease clinic of Urban Health Center, Jawaharlal Institute of Postgraduate Medical Education and Research (JIUHC) was carried out during October 2011 to December 2011. Data were collected by personal interview on demographic parameters, duration of diabetes, number of doses missed in the last 15 days, co-morbidities, knowledge and practice of dietary modification, physical activity, self-care, family support, awareness about risk factors and complications of diabetes.

STATISTICAL ANALYSIS USED:

The findings were expressed in terms of proportions. Chi-square test was used to study the association between socio-demographic factors and compliance.

RESULTS:

Majority of patients were in the age group of 50-59, of which 80% were females. Compliance (defined as not missing more than two doses in the last 15 days) to oral hypoglycemic agents was found in 103 (76%; 68.5-82.9). Dietary modifications was practiced by 110 (81.4%; 74.2-87.3) and 37% (29.2-45.4) practice physical activity. Annual eye check-up was carried out by 43.7%, renal function test by 46.6% and foot care by 54%. Knowledge regarding risk factors (66%; 42.7-59.4) and complications (79%; 71.8-85.4) was comparatively better than knowledge about self-care.

CONCLUSIONS:

Three-fourth of patients were compliant to medications and diet, but less than half follows modifications in physical activity and other self-care practices. Hence, it is essential to educate and motivate people in primary health-care level about self-care and life-style modifications.

KEYWORDS:

compliance; diabetes mellitus; drugs; self-care