

Control of diabetes mellitus and association of socio-demographic factors and knowledge of diabetes among type 2 diabetes mellitus patients attending the Diabetic Centre, Teaching Hospital Jaffna

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Background and Objective: Diabetes mellitus has become a significant and growing contributor to morbidity and mortality worldwide. Knowledge on diabetes and various patient characteristics determine the level of control of diabetes mellitus. This study aimed to describe the level of control of diabetes and its associated factors in adults with type 2 diabetes mellitus attending the Diabetic Centre at Teaching Hospital Jaffna.

Methods: It was a descriptive cross-sectional hospital-based study conducted among 284 adults with type 2 diabetes mellitus. Participants were selected by systematic random sampling. An interviewer-administered questionnaire was used to collect data. Data extraction sheets were used to extract HbA1c values. Raw data were analysed and processed using SPSS. Ethics approval was obtained from the Ethics Review Committee, Faculty of Medicine, University of Jaffna.

Results: The majority were females (57.4%) with a greater proportion (47.9%) in the 51 to 75 years age group. Just over a three-quarter (76.4%) were from nuclear families, 77.1% were married, 30.6% had studied up to A/L, 56% were unemployed and 33.5% had a family income between LKR 21,000 and 40,000. In the sample, 47.2% had poorly controlled diabetes (HbA1c >7%) and 52.5% had a knowledge score less than the cut-off value. Control of diabetes was associated with sex (p=0.015), age (p<0.001), marital status (p=0.021), educational qualification (p<0.001), family income (p<0.001), employment status (p<0.001), and knowledge of diabetes (p<0.001). Individuals over 75 years of age, females, and those with no schooling were more likely to have poorly controlled diabetes.

Conclusions: Just under half the sample had poorly controlled diabetes and over half had poor knowledge on diabetes. Age, sex, marital status, educational qualifications, family income, employment status, and understanding of diabetes may influence the control of diabetes. More studies exploring the factors associated with glycaemic control among individuals with type 2 diabetes mellitus are much needed in Sri Lanka.

Keywords: Type 2 diabetes mellitus, Glycaemic control, Knowledge on diabetes