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Demographic and clinical characteristics among type 2 diabetic patients, attending the Diabetic Centre, Teaching Hospital Jaffna

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Background: Diabetic mellitus is a chronic systemic disorder that requires lifelong management. Failure to control demographic and clinical related risk factors can lead to diabetes-related complication.

Objective: The study aimed to find the demographic and clinical characteristics of type 2 diabetic patients, attending the Diabetic Centre, Teaching Hospital, Jaffna.

Methods & Materials: This was a descriptive cross-sectional study. A systematic random sampling method was used. A total of 300 patients were selected for this study. A validated interviewer administered questionnaire was used to collect data. Descriptive statistics and Chi-square test were used. Significance level was set at $p < 0.05$.

Results: Among the 300 patients, the majority were females ($n=193$). The age of patients ranged between 28 to 86 years with the mean (\pm SD) of 58.62 (\pm 11.22) years. The majority were Sri Lankan Tamils (95.7%) and married (95.3%). Among the patients, 60% had secondary education, and 55.7% were from rural areas. Monthly income of 73% of the patients were \leq LKR 24,999. The mean BMI (\pm SD) of the selected patients was 25.58 (\pm 4.57) kg/m^2 and was under the category of overweight. Further, 138 and 53 patients with normal and overweight BMI had good and poor glycaemic control respectively ($p < 0.001$). Both diabetic neuropathy and retinopathy were presented in 19.3% of patients with duration of DM more than 10 years, while 4.6% of patients had both complication with the duration of less than 5 years ($p < 0.001$). Of the sample, 57.3% were hypertensive while the majority (82%) of them had poor glycaemic control. Moreover, 4% and 1.4% of the patients had insulin therapy with the DM duration of more than 10 years and less than 5 years respectively.

Conclusion: Hypertension and overweight were more prevalent among diabetes patients and the quality of glycaemic control is commonly poor in these patients. Diabetic neuropathy and retinopathy were more prevalent with the increased duration of DM.