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## Assessing the Knowledge, Attitudes and Practices of Type 2 Diabetic Patients of RG Stone Urology & Laparoscopy Hospital, New Delhi, India

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**Abstract**

Education is the cornerstone of diabetes care. Because of lack of awareness, most patients suffer from diabetes complications. This study was conducted to determine the knowledge, attitudes and practices among patients with type 2 diabetes. This descriptive study included one hundred eighty five type 2 diabetics. Patients were interviewed using a structured questionnaire. Only one fourth of all the patients could correctly answer question regarding nutrition. 69% recognized blood pressure as a risk factor while the correct answers for Insulin management, cigarette smoking, sedentary life style and body weight were 29%, 58%, 56% and 42% respectively. The knowledge, attitude and practice scores were low in most areas of diabetes care emphasizing the need for additional educational efforts.

**Keywords:** Type 2 diabetes, lack of awareness, cigarette smoking, sedentary life

**1. Introduction**

Diabetes is a major and growing health problem affecting more than 171 million people worldwide and the number is expected to rise to 366 million by 2030 (Wild *et al.* 2004) . Recent studies indicate that diabetes may affect 10-16 % of urban and 5-8% of rural population (Pradeep and Mohan, 2002). There is a very little data on the level of awareness and prevalence about diabetes in developing countries like India. (Ramachandran *et al.*, 2004). Studies have shown that increasing patient knowledge regarding disease and its complications has significant benefits with regard to patient compliance to treatment and to decreasing complications associated with the disease (Michell *et al.*, 2008). The prevalence of diabetes in adults worldwide is expected to rise to 5.4% by 2025. Because of lack of awareness, most patients suffer from diabetes & their complications. This study was conducted for the assessment of the knowledge, attitudes and practices among patients with type-2 diabetes in the RG Stone Urology & Laparoscopy Hospital, New Delhi. An important point of consideration is the knowledge that diabetic patients have of their disease. This is an integral component for attaining optimal disease control. These types of study prevent the impending chronic co-morbidities of type-2 diabetes, which impact significantly on the quality of life of the diabetic patient. This is an integral component for attaining optimal disease control. These types of study prevent the impending chronic co-morbidities of type-2 diabetes, which impact significantly on the quality of life of the diabetic patient (Moodley and Rambiritch, 2007).

**Methods**

A cross-sectional household survey was conducted via a structured questionnaire among 110 patients (30-65 years) with type 2 diabetes in the RG Stone Urology & Laparoscopy Hospital New Delhi. Questionnaire was set in two parts part one part

includes age, BMI, socio economic condition and Part 2 was included TC (mg/dl), HDL (mg/dl) and LDL (mg/dl) HbA1c, Neuropathy, Nephropathy, Retinopathy, Micro vascular complication, CAD (coronary artery disease), PVD (peripheral vascular disease), CVA (cerebrovascular accident), Diabetic foot, Macro vascular complications, Dyslipidemia, Insulin management and number of prescribed Medicines etc. A total of 15 questions were used, covering key areas in diabetic management, including the part 1 and part 2 parameters. Patients answering most questions likely above eight were considered as pass in knowledge and practices. Basic data regarding awareness, knowledge, traditional beliefs, treatment practices and other issues were included in the questionnaire. The patients, knowledge about the disease, their attitudes and practices were the main outcome measures.

### Results

In this study we have seen that knowledge of diabetes was low. A total of 62 of the 100 patients passed the diabetic knowledge test. There was a higher ratio of pass in the female rather than male, with 41 % of the female population passing compared to 59% of the male. Awareness about eye and renal complications was also quite low. Dietician or Clinical Nutritionist, Diabetic Educator plays very important role to counsel & educate the patient about Diabetes.

### Conclusions

The knowledge, attitude and practice scores were low in most areas of diabetes care emphasizing the need for additional educational efforts (Naheed, 2010). Difference in the knowledge scores illustrates a lack practices about the diabetes and health education where they had studied and the family and working area environment. Further correlations were established regarding diabetes knowledge and age, number of years post-diagnosis of diabetes, counseling received and type of diabetic medication used. We therefore need to ensure that our healthcare educators are continuously trained and provided with the essentials in order to comprehensively care for diabetic patients. Furthermore, follow up evaluations should be performed on a regular basis in the clinical environment and re-training administered where appropriate.

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