

## A STUDY TO ASSESS THE ATTITUDE AND PRACTICE OF DIABETIC PATIENT TOWARDS SELF-ADMINISTRATION OF INSULIN IN BASRA CITY, IRAQ

SAMIRA MUHAMMED EBRAHIM<sup>1</sup>, UTOOR TALIB JASSIM<sup>2</sup> & DOAA MOHAMMED BAJI<sup>3</sup>

<sup>1</sup>PhD in Community Medicine, Department of Basic Medical Science, College of Nursing, University of Basra, Iraq

<sup>2</sup>MSc. in Clinical Pharmacology, Department of Basic Medical Science, College of Nursing, University of Basra, Iraq

<sup>3</sup>College of Nursing, University of Basra, Iraq

### ABSTRACT

**Background:** Diabetes Mellitus, the commonest endocrine disorder affects developed as well as developing country. Prevalence of diabetes in Iraq was estimated to be 10.2 per cent in 2010. This estimate exceeded total prevalence in the Middle East and North Africa region (9.3%) and is (nearly) equivalent to that of the USA (10.3%).

**Objectives:** The aim of the study is assess attitudes and practices related to insulin therapy and to self-administration of insulin among diabetic patients in Basra City.

**Methodology:** The study was descriptive cross-sectional one, on sample of 100 patients with diabetes mellitus attending outpatient clinic in Basra general Hospital and AL. Mawani Hospital. Structured questionnaire was used for the purpose of data collection, by direct interviewing the patients including information about the socio demographic characteristics, attitudes and practices regarding insulin therapy and self-administration if insulin ; the data collection was carried out from November 2013 to February 2014.

**Results:** Regarding sex (58%) of the sample were females, (4%) of the sample was younger than 25 years, Majority were married (90%), (12%) were illiterate, (28%) complete primary school, (46%) complete secondary school (14%) had higher educational level, (50%) were unemployed, and (53%) of them had positive family history of diabetes. Most of them (71%) diagnose after developmental of symptoms.

All patients in study consult regularly for their condition, (50%) of them prefer private clinic as facility for consultation. (43%) of them check their blood glucose only when they fell ill. Hospitals considered as source of insulin for (41%) of patients, (66%) prefer the arm as a site of injecting insulin. Only (20%) of them use the insulin syringe for single injection, (4%) of them dispose the used insulin needles in a special container at home, (97%) of them eat some food shortly after insulin. Only (54%) had good practice level of correctly practicing self-administration of insulin. The rate of correct practices among males was higher than the rates among females for the majority of the items, and among those who were recently diagnosed

**Conclusions:** The patients in this study showed variations in attitudes regarding their illness, insulin therapy and self-administration of insulin. The level of correctly practicing self-administration of insulin was low. Except for the disposal of used insulin needles in a special container at home, the rate of correct practices regarding self-administration of insulin among males was higher than the rates among females for the majority of the items.

**Recommendations:** Teaching program can be conducted in diabetes clinic regarding insulin and its administration. And hospital and other health institutions should apply responsible steps to facilitate passage for better educational level for patient with insulin self-administration.

**KEYWORDS:** Attitude, Practice, Diabetic Patient, Insulin, Self – Administration