

THE KNOWLEDGE ABOUT THE COMPLICATION OF DIABETIC MELLITUS AMONG DIABETIC CLIENTS AT SELECTED HOSPITAL DIABETES OPD, CHENNAI

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ABSTRACT

This descriptive study was conducted in Sree Balaji Medical College and Hospital in order to assess the knowledge about the diabetes and its complications among diabetic clients attending OPD, based on the inclusion criteria samples were selected by Purposive sampling technique, data were collected from thirty samples by interview Schedule, the study concluded that moderate to average level of knowledge were found.

KEYWORDS: *Interview Schedule, Diabetes Client, Purposive Sampling Technique*

Article History

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INTRODUCTION

Diabetes is a metabolic disorder which affects the metabolic function of the human physiology and alters the blood glucose levels causes hypo and hyperglycaemic state of an individual leads to polyuria and polydipsia often polyphagia also, Human pancreatic duct has beta cells which helps in secreting the insulin in order to maintain the blood glucose level this insufficient state of secreting the insulin will alters the functions of the organs, small blood vessels and tissues. Long-term alterations lead to the damage of the organ as well as the blood vessels.

Type I Diabetes

Also known as insulin dependant (IDDM) Juvenile or Childhood onset is characterized by insufficient production of insulin and needs to administered daily.

Type II Diabetes

Otherwise called non insulin dependant or adult onset results from the body's ineffective use of insulin.

Gestational Diabetes

- It occurs during pregnancy, women with gestational diabetes are at increased risk of complications during pregnancy and at the time of delivery.
- Adult with diabetes are having 3 times risk of developing myocardial infarction and strokes. Combined with hypoglycaemia, neuropathy and nephropathy will occur.
- Diabetic retinopathy is an important cause of blindness and occurs as because of long-term accumulation of damage in the blood vessels of retina.

Burden of Diabetes in India

- In 2014 no. of people with diabetes was 422 which rise from 108 million in the year 1980.
- In World wide prevalence among adults Rosen from 4.7% in 1980 to 8.5% in 2014.
- Low and middle income countries have been rising diabetes prevalence more rapidly.
- 1.6 million death was estimated due to diabetes in 2016.
- WHO Estimates Diabetes is 7th leading cause of death in 2016.
- As of 2018, India is deemed as the world capital of Diabetes. The Diabetic population in the country is close hitting the alarming mark of 69.9 million by 2025 and 80 million by 2030. Over 30 million have now been diagnosed with diabetes in India. The crude prevalence rate in urban areas in India is to be 9 percent.
- KERALA: Kerala has the largest number of diabetes patients.
- In Tamilnadu there are 53 deaths /100,000 population
- Diabetes is major contribution in developing nephropathy, neuropathy, heart attack, Stroke and diabetic foot amputation.
- Diabetes can also be prevented by healthy diet, regular physical exercise, weghtloss, avoidance of smoking and alcohol are ways to prevent or delay the onset of type II diabetes. Diabetes can be treated its consequences with diet, daily medications, regular screening and treatment for any complications at rapid.
- The main aim is to gather information needs of the people with diagnosed type I or type 2 diabetes mellitus (DM) concerning current level of information, health- related quality Of life using qualitative and quantitative methods. It's the high time to create awareness about the diabetes and its complications to preserve life of an individual. Hence the researcher to assess the complication of the diabetic mellitus of middle age group.

OBJECTIVES

To assess the knowledge regarding complications of diabetic mellitus among Diabetes client attending OPD in Sree Balaji Medical College and Hospital, Chromepet, Chennai.

RESEARCH METHODOLOGY

Methodology is a significant part of any research study, enables to project a blue print of research undertaken.

Research Approach

Non-Experimental research design.

Research Design

Descriptive research design.

Setting

The area selected for research design was Sree Balaji Medical College and Hospital.

Accessible Population

Patients with Diabetes mellitus attending diabetic OPD in Sree Balaji Medical College and Hospital.

Sampling Technique

Non probability with purposive sampling techniques was adopted.

Sample Size

For the study 30 samples of middle age group of both male and female were taken.

Inclusion Criteria

- Those who are willing to participate in the study.
- Those who whose understand Tamil and English.
- Middle-age group of both male and female.
- Analysis and Interpretation.
- Descriptive statistics has been used to analyse the data.

Exclusion Criteria

Type I: Diabetes mellitus (Receive Insulin)

Patient those who have already Diabetic complications.

SELECTION OF A TOOL

Demographic Data

- Age
- Gender
- Religion
- Marital status
- Education

Knowledge Questionnaire

30 questions contain assessing the knowledge of disease and its complications.

Scoring

Score given for wrong answers-0

Score given for right answers-1

Data Collection Procedure

The investigator explained the procedure of data collection to the sample. This data was obtained by interview schedule, performed by the investigator to the samples individually.

Table 1: The Knowlegde was Assessed as Follows

Sl. No	Level of Knowlegde	Percentage
01.	Adequate	76–100%
02.	Moderately adequate	51–75%
03.	Inadequate	Below 50%.

Plan for Data Analysis

The plans for data analysis are as follows:

- Number and percentage to assess the demographic data.
- Number and percentage to assess the level of knowledge.

Analysis and Discussion of Data

The Data Tabulated under Following Materials

- Number and percentage to assess the demographic data.
- Number and percentage to assess the level of knowledge

The below table 2 shows that: This table gives clear picture about the demographic data of the study, that explains. Majority 21(70%) of them belong to 36–40 years. Majority 16(53.04%) of them were female. Majority 16(53.04%) of them were Hindu. Majority 26(86.06%) of them were Married. Majority 15(50%) of them were Illiterate.

The below figure 1 shows the age wise distribution Majority 21(70%) of them belongs to the age group of 36–40 years, 09(30%) of them belong to the age group of 30–35 years.

The below figure 2 shows the distribution of Gender Majority 16(53.04%) of them were female and 14(46.06%) of them were Male.

The below figure 3 depicts the percentage distribution of religion Majority 16(53.04%) of them were Hindus, 07(23.03%) of them were Christians, 07(23.03%) of them were Muslims.

The below figure 4 explains the percentage distribution of Marital status Majority 26(86.06%) of them were Married, 04(13.04%) of them were Unmarried

The below figure 5 gives picture of the distribution of education Majority 15(50%) of them were Illiterate, 10(33%) of them were primary, 3(10%) of them were High school and higher secondary, 2(7%) of them were graduate.

The below figure 6 shows the percentage distribution of level of knowledge: Majority 15(50%) of them were Moderate adequate knowledge 10(33%) of them were Adequate knowledge and 05(17%) of them were Inadequate knowledge.

Table 2: Percentage Distribution of Demographic Data

Sl. No	Demographic Data	Number	Percentage
1.	Age		
	30–35 years	09	30%
	36–40 years	21	70%
	41–45years	0	0
	46–50 years	0	0
2.	Gender		
	Male	14	46.06%
	Female	16	53.03%
3.	Religion		
	Hindu	16	53.03%
	Christian	07	23.03%
	Muslim	07	23.03%

Table 2: Contd.,

4.	Marital status		
	Married	26	86.06%
	Unmarried	04	13.03%
5.	Education		
	Illiterate	15	50% 33%
	Primary	10.32	10% 7%
	High school to Higher secondary		
	Graduates		

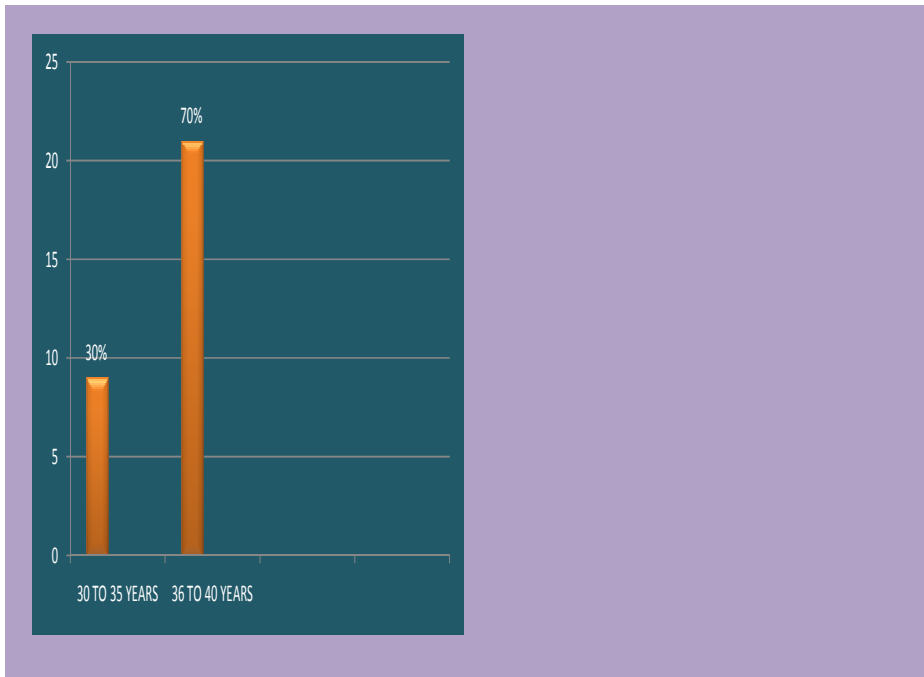


Figure 1: Percentage Distribution of Age.

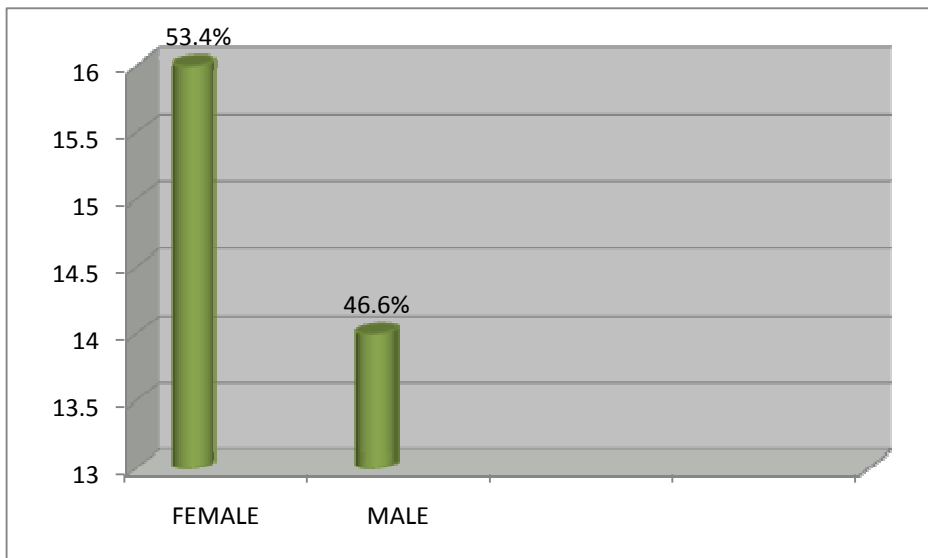


Figure 2: Percentage Distribution of Gender.

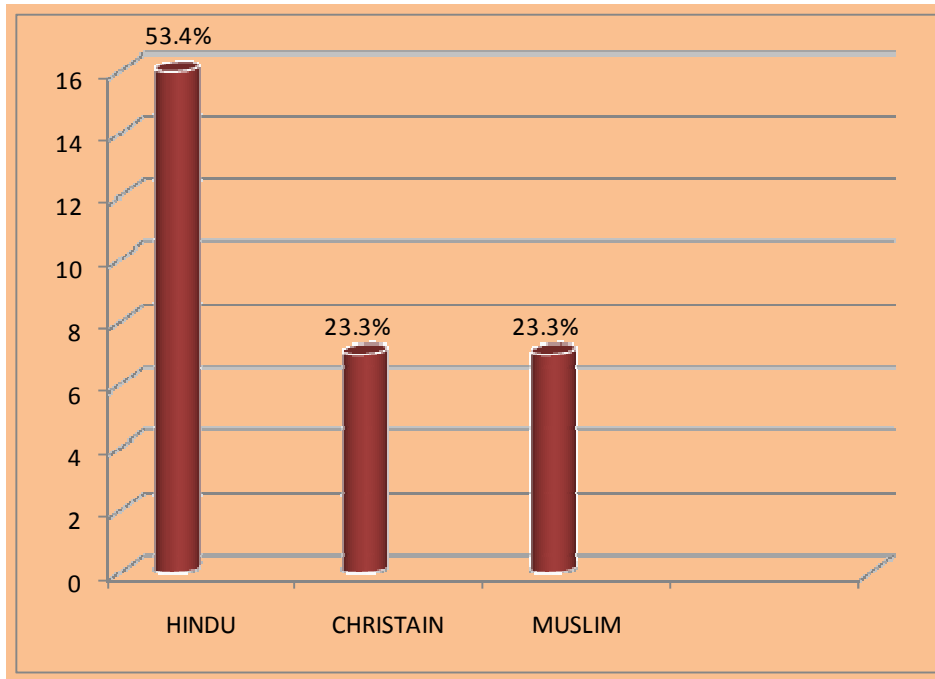


Figure 3: Percentage Distribution of Religion.

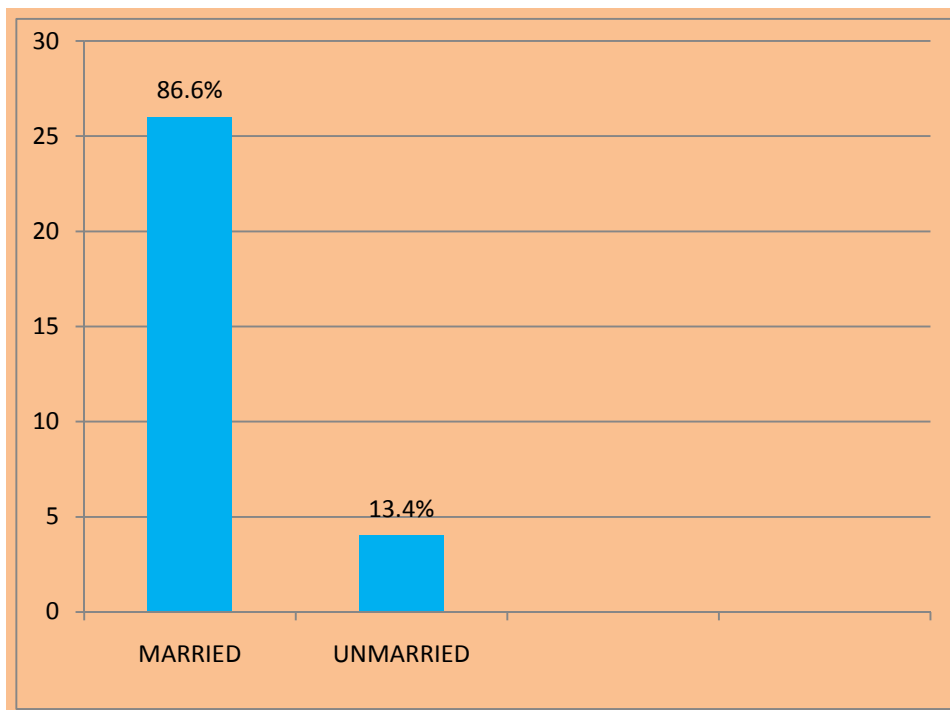


Figure 4: Percentage Distribution of Marital Status.

Table 3: Percentage Distribution of Level of Knowledge

S. No	Level of Knowledge	Number of People	Percentage
1.	Adequate	10	33%
2.	Moderate adequate	15	50%
3.	Inadequate	5	17%

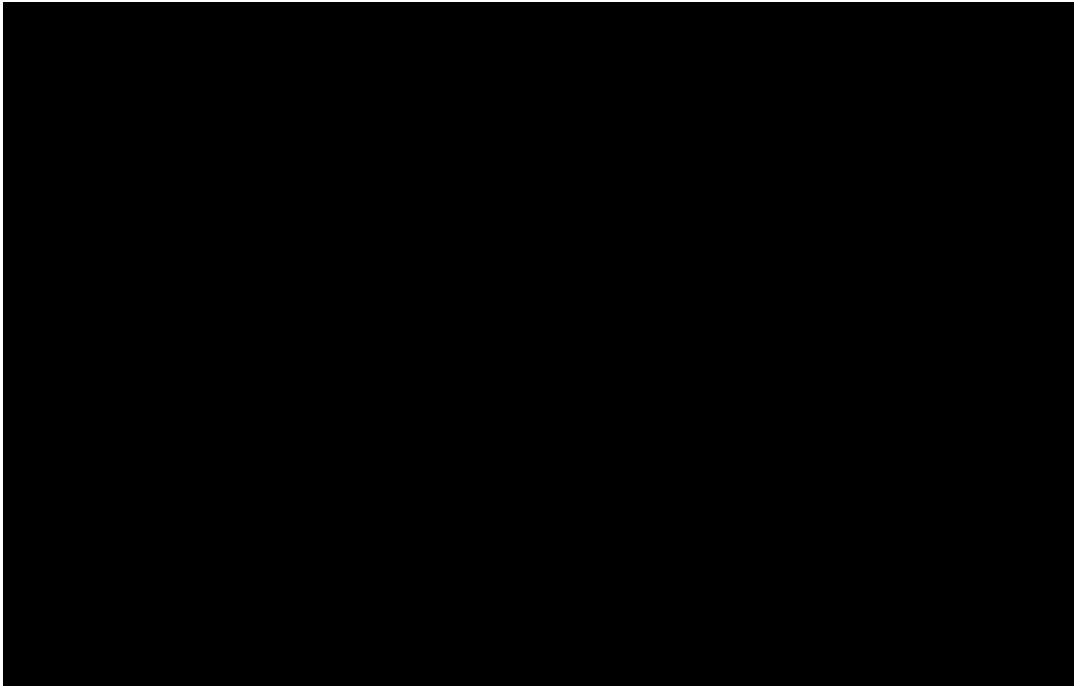


Figure 5: Percentage Distribution of Education

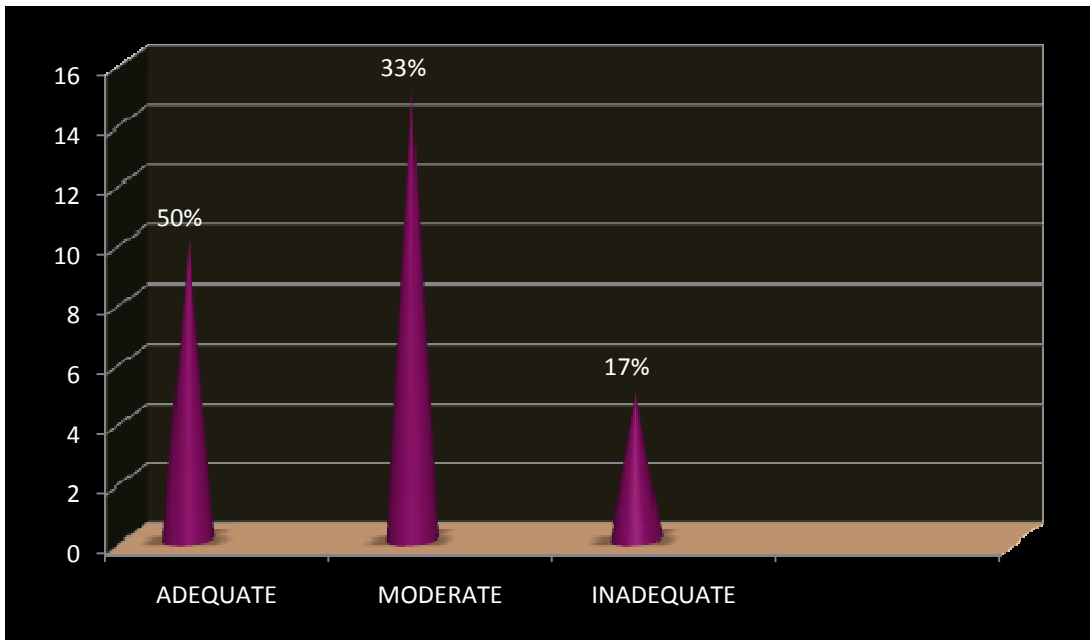


Figure 6: Percentage Distribution of Level of Knowlegde

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The study was to assess the knowledge regarding among the adult people in Anagaputhur in which 30 convenient samples were taken and samples were personally explained about the procedure and prepared, and the individuals were interview after obtaining their and then it was analysed.

DISCUSSIONS

The study findings revealed that:

- The majority 21(70%) of them belong to the age group of 30–40 years, 09(30%) of them belongs to the age group of 20–30 years.
- The majority 16 (53.03%) of them were female and 14(46.06%) of them were male.
- The majority 16(53.03%) of them were Hindus, 07(23.03%) of them were Christians, 07(23.03%) of them were Muslims.
- The majority 26(86.06%) of them were married, 04(13.03%) of them were unmarried.
- The majority 18(60%) of them were illiterate, 12(40%) of them were educated.
- The majority 15(50%) of them have Moderate Adequate knowledge, 10 (33%) of them have Adequate knowledge, and 05(17%) of them have Inadequate knowledge.

RECOMMENDATIONS

- Same study can be conducted for a large sample.
- Same study can be conducted in rural area.

CONCLUSIONS

The study conducted to assess the knowledge about the complications of Diabetes mellitus, among diabetic clients at Sree Balaji medical college and Hospital, Chennai. The samples were selected based on inclusion and exclusion criteria. Purposive sampling technique was adopted to collect the data. Interview schedule was performed to gather information. Based on the demographic profile they were segmented according to it. At last the knowledge about the Diabetic clients are as follows:

- Adequate knowledge-33%
- Moderate knowledge-50%
- Inadequate knowledge-17%

This study concludes with the above findings and hope it will be useful for further interventional study in forthcoming days.

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