Awareness about Type 1 Diabetes Mellitus in Patients Who Attend Outpatient Service in a Tertiary Care Hospital

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Abstract: Type 1 Diabetes mellitus is a form of diabetes in which there is absolute deficiency of the hormone insulin due to autoimmune destruction of the Beta cells of the pancreas. This is a prospective study conducted in Type 1 diabetic patients to know about the disease awareness and its complications if left untreated. It is a validated Questionnaire study conducted by us in the Diabetic Outpatient department.

Keywords: Type 1 Diabetes, Questionnaire, Awareness, Health education importance, sick day regime

I. Introduction

Type 1 diabetes mellitus is a form of diabetes which constitutes 5-10% of all cases and treatment with insulin is required for survival. Many patients are still not aware about the diet, Insulin importance, complications and sick day regimes. So we decided to conduct a validated questionnaire study prospectively among these patients who attend our outpatient department.

II. Heading S

The validated questionnaire consisted of the following questions:
a) Name, Age, Sex, Address
b) Educational Qualification
c) History of DM in family and Duration of diabetes in this patient
d) How many Types of diabetes are there and what is the mechanism behind type 1 DM
e) Foods to be avoided and Normal Preprandial and postprandial levels with a question about HbA1C
f) Importance of insulin injections and sick day regimes

g) Exercise and diabetes and awareness about complications of untreated disease
h) Psychological implications about taking injections daily like social stigmas and depression

Indentations and Equations

Figures and Tables

STATISTICS ON THE DIABETES QUESTIONNAIRE
TOTAL NO OF PATIENTS 45
MALES 27  FEMALES 18

SEX DISTRIBUTION

[Graph showing sex distribution with 27 males and 18 females]
Awareness About Type 1 Diabetes Mellitus In Patients Who Attend Outpatient Service In A Tertiary...

Diabetic age-
LESS THAN 1 YR: 2
LESS THAN 5 YRS: 13
5-10 YRS: 9
10-15 YRS: 10 PTS
15-20 YRS: 8 PTS
20-30 YRS: 2 PTS
40-50 YRS: 1 PTS

EDUCATION QUALIFICATION-
HIGH SCHOOL: 30 PTS
HIGHER SECONDARY: 10 PTS
COLLEGE: 5 PTS
AWARENESS ABOUT WHAT IS THE CAUSE OF DM AMONG PATIENTS –
12 patients aware, 33 not aware

Types of diabetes mellitus-type 1 and 2
15 patients aware and 30 patients not aware
Awareness About Type 1 Diabetes Mellitus In Patients Who Attend Outpatient Service In A Tertiary...

Foods to be avoided in diabetes - 39 patients were aware and 6 patients were not aware.

Preprandial and postprandial values - 26 pts were aware and 19 were not aware.

Awareness about HbA1c - 4 patients aware and 41 not aware.
Awareness About Type 1 Diabetes Mellitus In Patients Who Attend Outpatient Service In A Tertiary...

Whether Insulin alone or drugs also can be used in type 1 DM: 32 patients said both can be used, 13 patients said only insulin.

Importance of insulin injections: 35 patients were aware, 10 patients were not aware.

Importance of exercise in Diabetes mellitus: 40 patients were aware, 5 not aware.

Organs affected by diabetes mellitus: 35 patients were aware, 10 patients not aware.
III. Conclusion

The advantages of this study are we came to understand about the lack of awareness among many patients about type1 Diabetes mellitus. Very few knew about the importance of checking HbA1C, Food and dietary plans were not known to patients. Definitely Health Education shall play an important role in the Care of these patients. The limitations of this study are the small sample size which can be overcome by doing it in Multiple tertiary care centres simultaneously.

Acknowledgements

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