

## Awareness about Type1 Diabetes Mellitus in Patients Who Attend Outpatient Service in a Tertiary Care Hospital

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**Abstract :** TYPE1Diabetes 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 Type1diabetic patients to know about the disease awareness and its complications if left untreated.It is a validated Questionnaire study conducted by us in theDiabetic Outpatient department

**Keywords:** Type1 Diabetes, Questionnaire, Awareness, Health education importance, sick day regime

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### I. Introduction

Type1diabetes 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 dAddressb)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 mechanismbehind type1 DM e)Foods to be avoided and Normal Preprandial and postprandial levels with a question about HbA1C f)Importance of insulin injections and sickday regimes g)Exercise and diabetes and awareness about complications of untreated disease h)Psychological implications about taking injections daily like social stigmas and depression

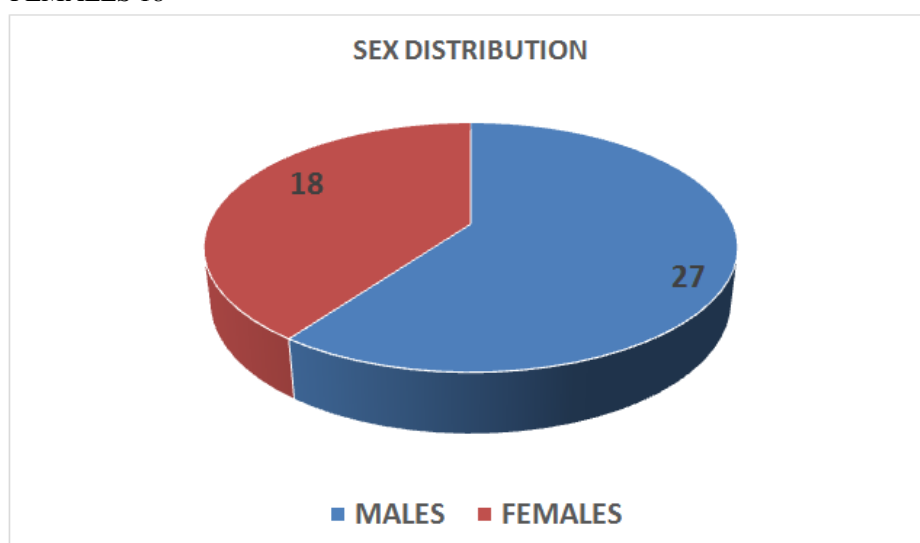
### Indentations and Equations

#### Figures and Tables

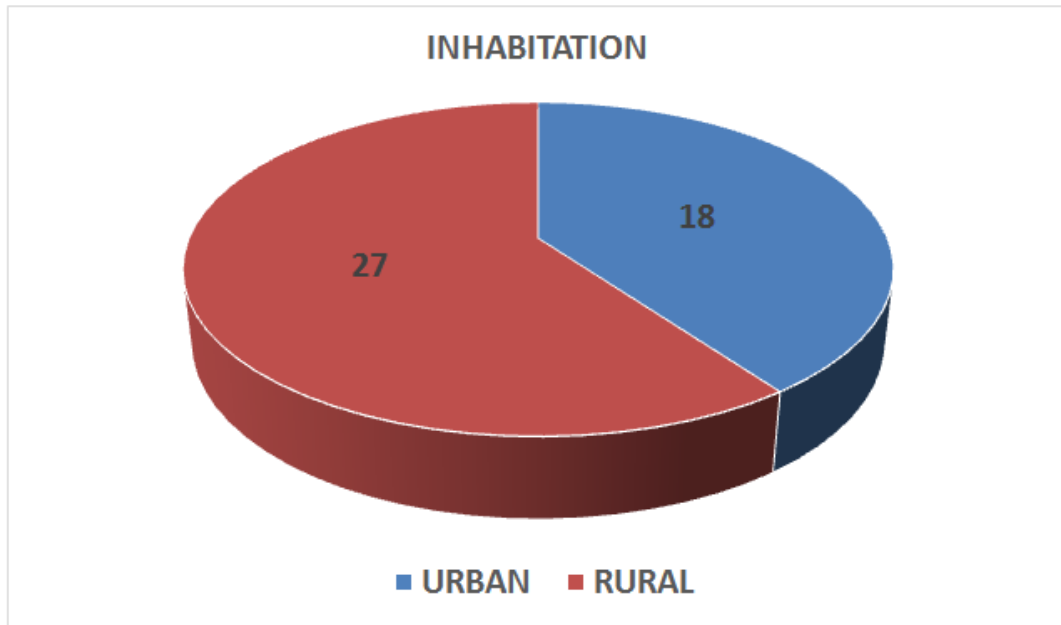
STATISTICS ON THE DIABETES QUESTIONNAIRE

TOTAL NO OF PATIENTS 45

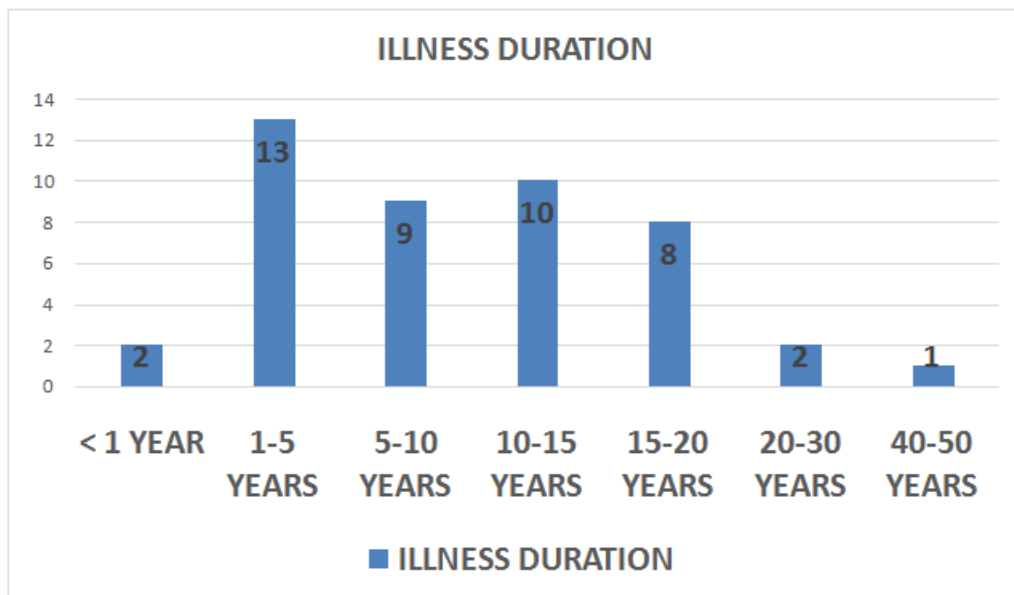
MALES 27 FEMALES 18



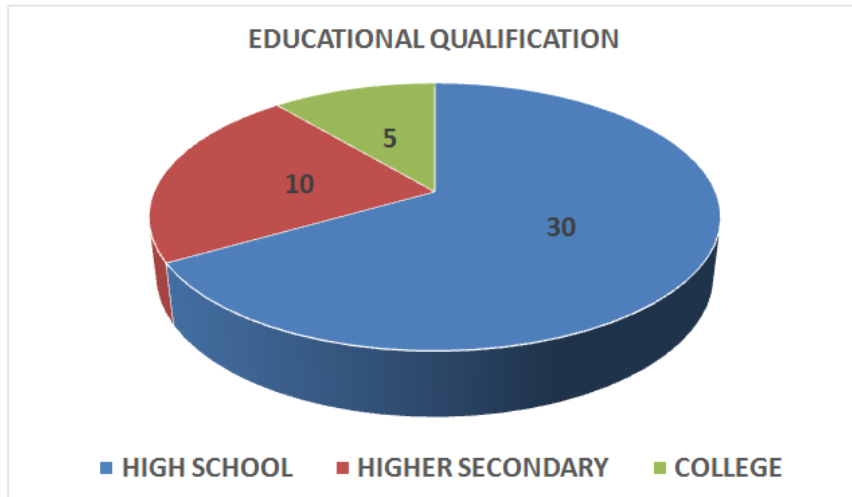
URBAN 18 RURAL 27 PTS



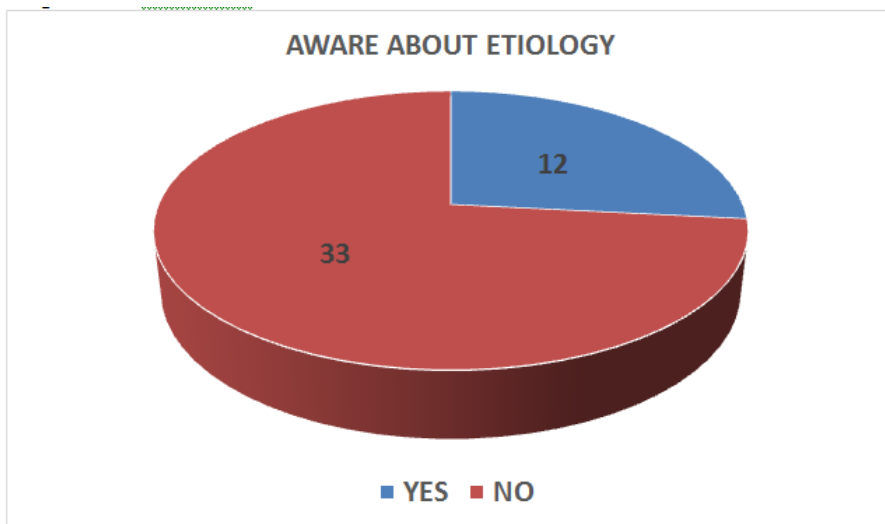
Diabetic age-  
 LESS THAN 1 YR-2  
 LESSTHAN 5 YRS-13  
 5-10 YRS – 9  
 10-15 YRS-10 PTS,  
 15-20YRS-8 PTS  
 20- 30 YRS-2 PTS  
 40- 50 YRS -1 PTS



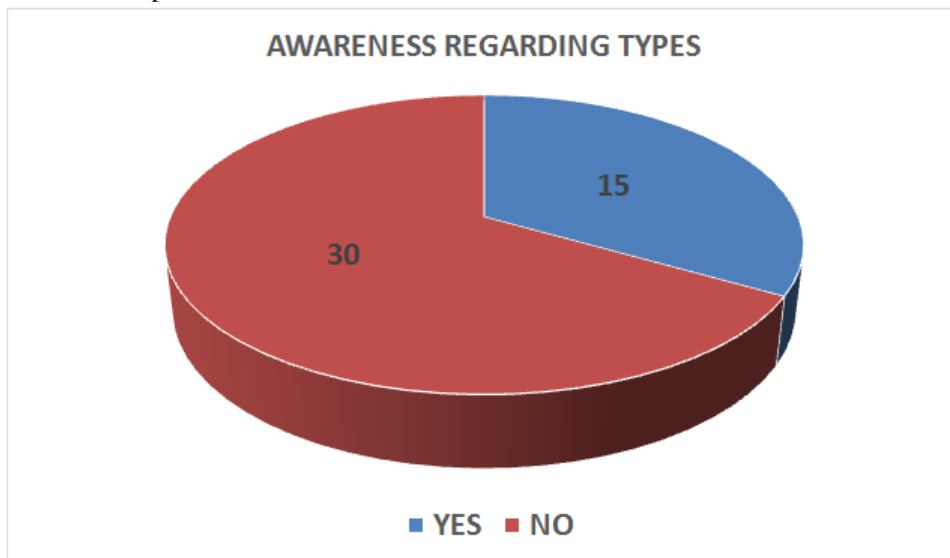
EDUCATION QUALIFICATION-  
 HIGH SCHOOL-30 PTS  
 HIGHER SECONDARY-10 PTS  
 COLLEGE 5 PTS



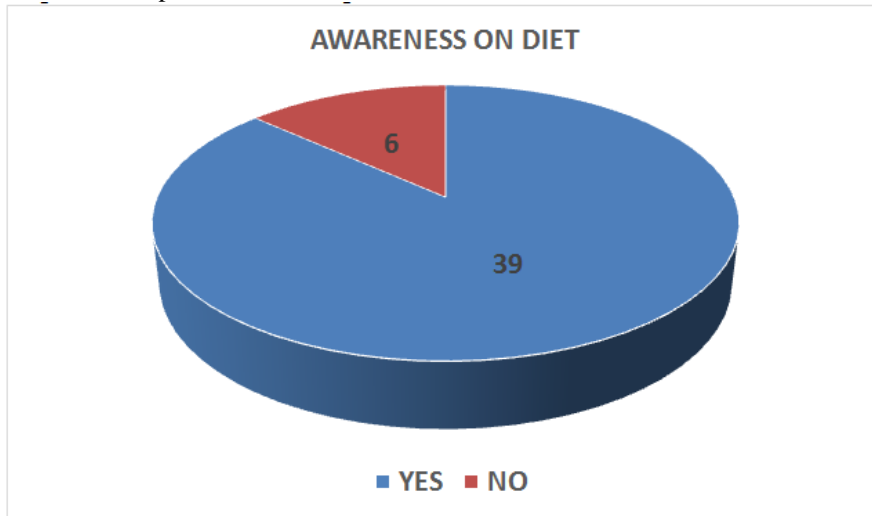
AWARENESS ABOUT WHAT IS THE CAUSE OF DM AMONG PATIENTS –  
12 patients aware ,33 not aware



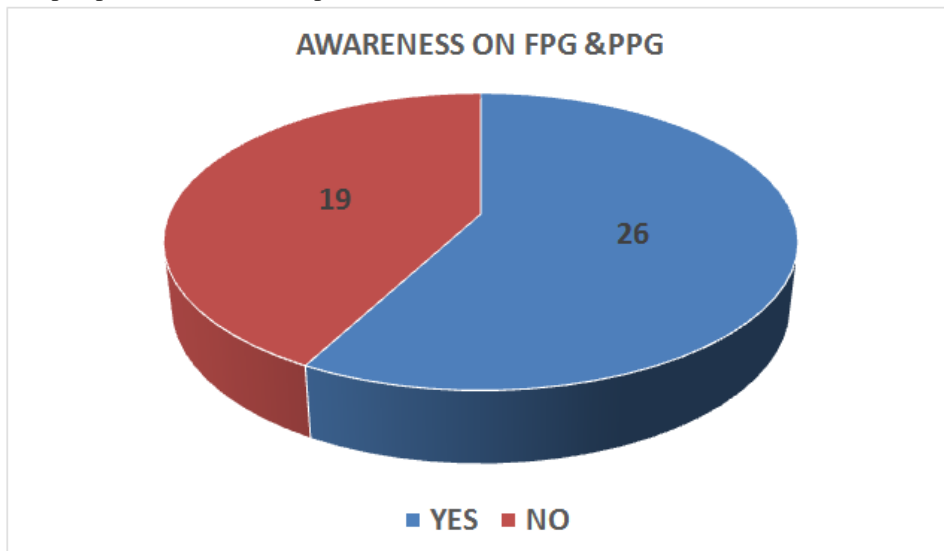
Types of diabetes mellitus-type 1 and 2  
15 patients aware and 30 patients not aware



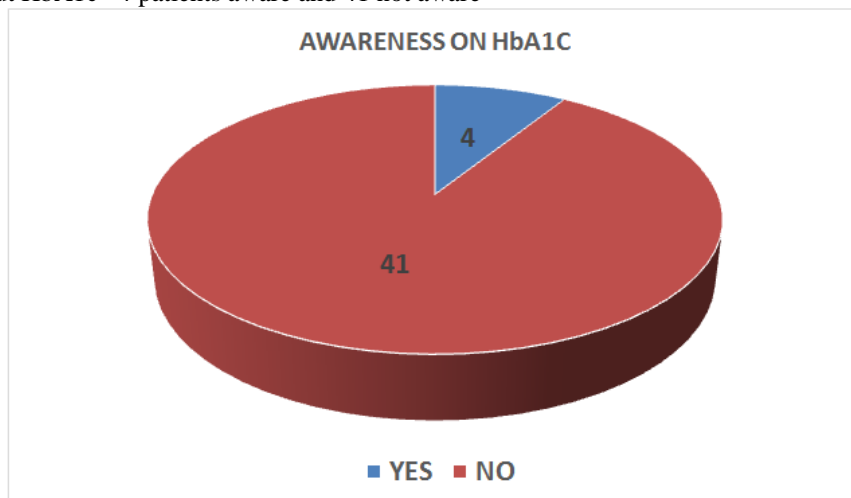
Foods to be avoided in diabetes-  
39 patients were aware and 6 patients were not aware



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

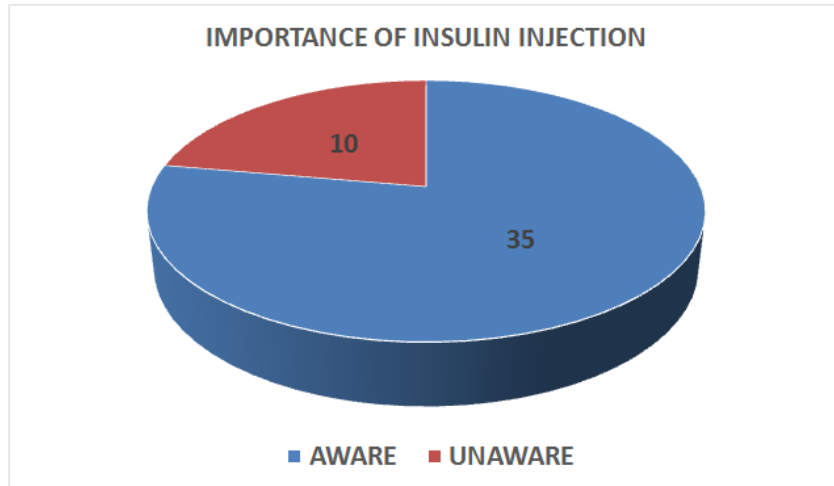


Awareness about HbA1c 4 patients aware and 41 not aware

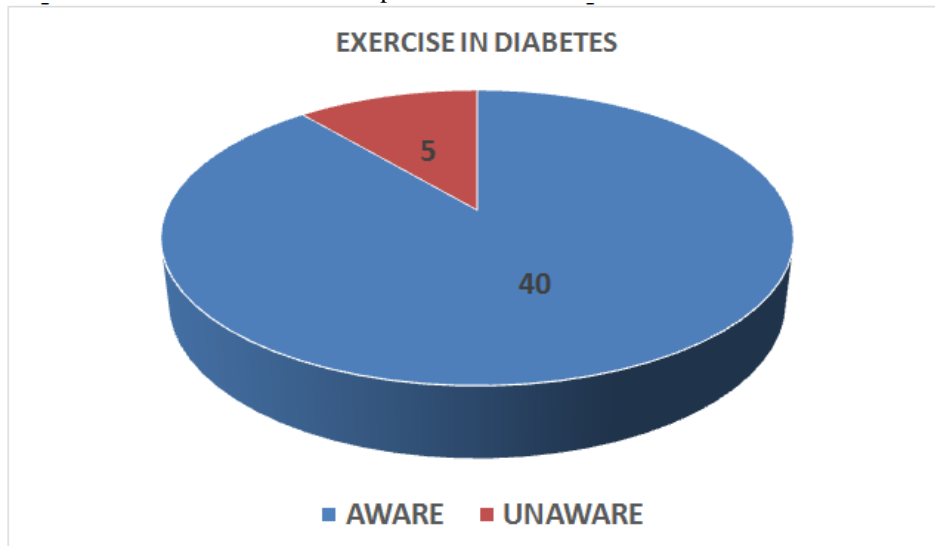


Whether Insulin alone or drugs also can be used in type 1 DM- 32 patients said both can be used 13 patients said only insulin

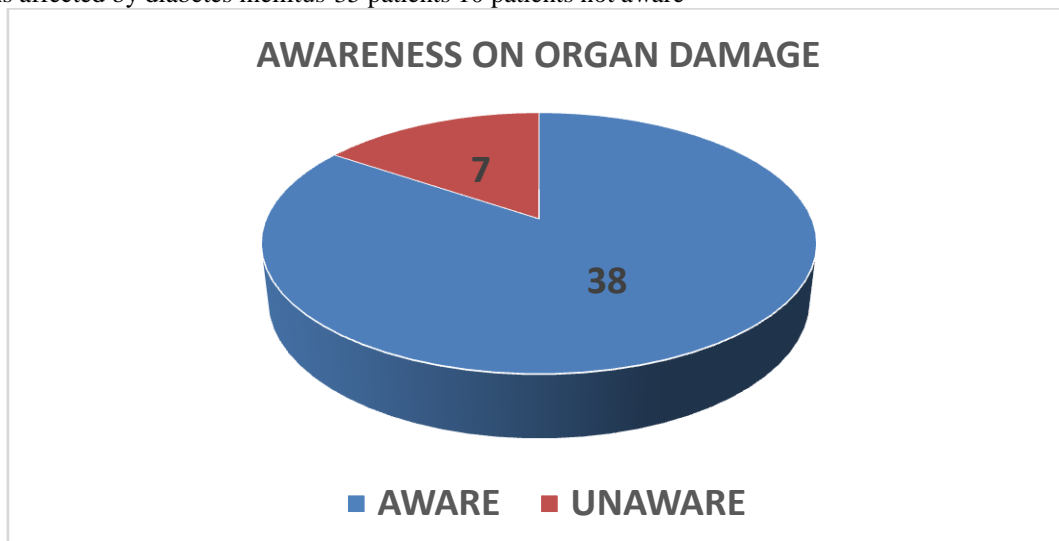
Importance of insulin injections-35 patients were aware 10 patients were not aware



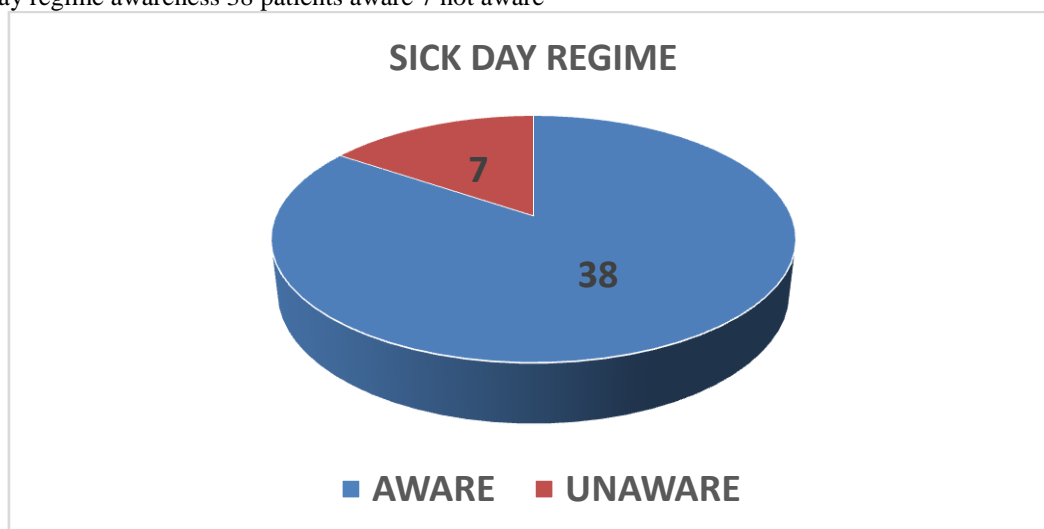
Importance of exercise in Diabetes mellitus-40 patients were aware 5 not aware



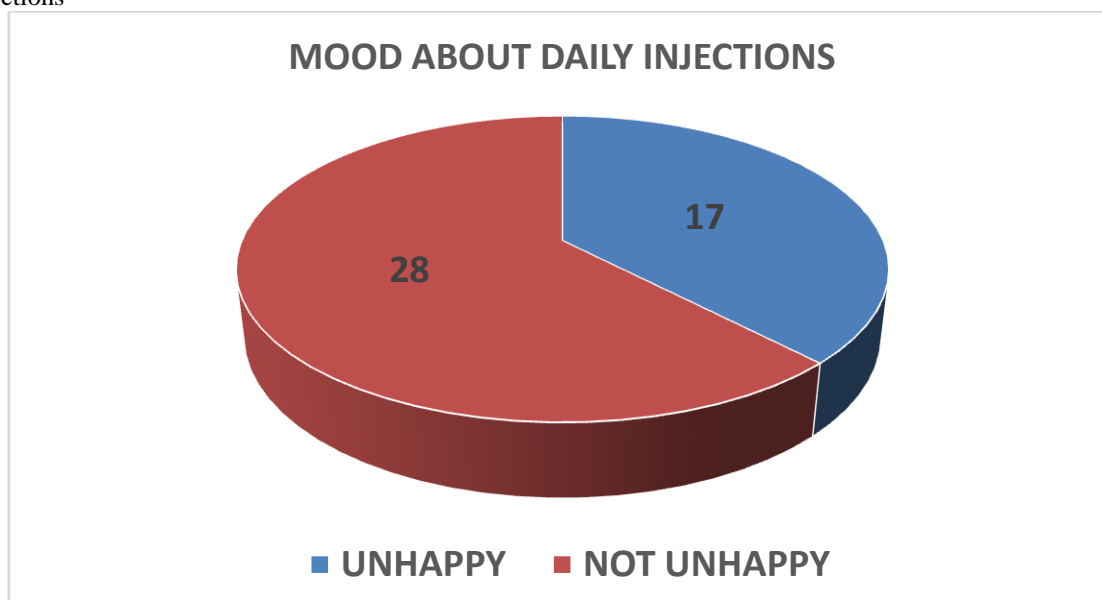
Organs affected by diabetes mellitus-35 patients 10 patients not aware



Sick day regime awareness 38 patients aware 7 not aware



Psychological implications 17 patients felt unhappy about daily injections and 28 not unhappy about daily injections



### 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

All patients at the diabetic op department.

### References

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**Examples follow**

**Journal Papers**

- [1] M Ozaki, Y. Adachi, Y. Iwahori, and N. Ishii, Application of fuzzy theory to writer recognition of Chinese characters, *International Journal of Modelling and Simulation*, 18(2), 1998, 112-116.

Note that the journal title, volume number and issue number are set in italics.

**Books:**

- [2] R.E. Moore, *Interval analysis* (Englewood Cliffs, NJ: Prentice-Hall, 1966).

Note that the title of the book is in lower case letters and italicized. There is no comma following the title. Place of publication and publisher are given.

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- [3] P.O. Bishop, Neurophysiology of binocular vision, in J.Houseman (Ed.), *Handbook of physiology*, 4 (New York: Springer-Verlag, 1970) 342-366.

Note that the place of publication, publisher, and year of publication are enclosed in brackets. Editor of book is listed before book title.

**Theses:**

- [4] D.S. Chan, *Theory and implementation of multidimensional discrete systems for signal processing*, doctoral diss., Massachusetts Institute of Technology, Cambridge, MA, 1978.

Note that thesis title is set in italics and the university that granted the degree is listed along with location information

**Proceedings Papers:**

- [5] W.J. Book, Modelling design and control of flexible manipulator arms: A tutorial review, *Proc. 29th IEEE Conf. on Decision and Control*, San Francisco, CA, 1990, 500-506

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