



A STUDY TO ASSESS THE KNOWLEDGE OF DIABETIC PATIENTS REGARDING DIABETIC DIET

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ABSTRACT

Introduction: Diabetes Mellitus is now a leading cause of morbidity and mortality throughout the world, it is associated with high rates of hospitalization, blindness, renal failure and non-traumatic amputation.

Aim: To assess the knowledge regarding diabetic diet among diabetic patients

Methods: Assessment of knowledge regarding diabetic diet: It consists of 20 questions which will help to identify the knowledge of diabetic diet among diabetic patient. The knowledge score was categorized as adequate level (15-20), moderate level (10-14), inadequate level (5-9) and extremely poor (0-4) score.

Results: Out of 60 samples, 30(50%) diabetes patients belong to 60-70 years. During the pretest the majority of, diabetes patients 42 (70%) scored between 10- 14, 12 (20%) diabetes patients scored between 5-9, 6 (10%) diabetes patients scored between 15-20. No one had scored between 0-4. During the post test the majority of diabetes patients 48 (80%) had shown improved to moderate knowledge, 7 (11.6%) diabetes patients had adequate knowledge and 5 (8.3%) scored inadequate knowledge regarding diabetic diet.

Conclusion: There is a great need of producing awareness among diabetic patients regarding the importance of diet.

KEYWORDS : diabetes, diet, knowledge

INTRODUCTION

Glucose. This fuel source that keeps your body running also underlies type 2 diabetes. Typically, your body converts carbohydrates in the food you eat into glucose, a type of sugar that cells use for energy. Glucose is released into the bloodstream, where the hormone insulin signals your cells to grab it. But with type 2 diabetes, either your body doesn't produce enough insulin or your cells have become resistant to it. As a result, you have too much sugar in your blood, which can damage blood vessels and nerves throughout your body, leading to serious heart, circulatory, nerve, eye and kidney problems. These high levels of sugar attach onto vital proteins in the body, which activates inflammation and can accelerate the aging process of the involved organs and tissues. Diabetic diet refers to the diet that is recommended for people with diabetes mellitus or high blood glucose. There is much disagreement regarding what this diet should consist of. Since carbohydrate is the macronutrient that raises blood glucose levels most significantly, the greatest debate is regarding how low in carbohydrates the diet should be. This is because although lowering carbohydrate intake will lead to reduced blood glucose levels, this conflicts with the traditional establishment view that carbohydrates should be the main source of calories. Recommendations of the fraction of total calories to be obtained from carbohydrate are generally in the range of 20% to 45%, but recommendations can vary as widely as from 16% to 75%.

AIM

To assess the knowledge regarding diabetic diet among diabetic patients

MATERIALS AND METHODS

The research approach used for the study was quantitative evaluative approach. In this study we analyze the one group pre test post test design. It is a quasi experimental design. All patients who met the inclusion criteria were selected using simple random sampling technique. The estimated sample size is 60 who has abnormal blood sugar level. The data is collected by using self prepared questionnaire. Assessment of knowledge regarding diabetic diet: It consists of 20 questions which will help to identify the knowledge of diabetic diet among diabetic patient. The knowledge score was categorized as adequate level (15-20), moderate level (10-14), inadequate level (5-9) and extremely poor

(0-4) score. Descriptive statistics used to identify distribution of demographic variables.

RESULTS

Table 1 Knowledge Score regarding Diabetic diet before and after giving questionnaires among Diabetes patients

Knowledge Score regarding diabetic diet	Pre test		Post test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Extremely poor	0	0%	0	0%
Inadequate	12	20%	5	8.3%
Moderate	42	70%	48	80%
Adequate	6	10%	7	11.6%

In this study 60 sample were selected. Age distribution revealed 6(10%) diabetes patients were belong to 30-40 years of age, 6 (10%) diabetes patients belong to 40-50 years of age and 18 (30%) diabetes patients belong to 50-60 years of age and 30 (50%) of diabetes patients belong to 60-70 years of age. Educational status reveals that, out of 60 diabetes patients, the majority of diabetes patients 30 (50%) had higher secondary education, 6 (10%) diabetes patients were graduates, 24 (40%) diabetes patients were illiterate. Occupational status results shows that, the majority 25(41.6%) of diabetes patient are homemakers, 5 (8.3%) diabetes patients are doing business, 10(16.6%) diabetes patients are in government jobs, 20 (33.3%) diabetes patients are farmers respectively. Sex results shows that, the majority 35(58.3%) of diabetes patients are male, 25(41.6%) of diabetes patients are female. Pretest knowledge regarding diabetic diet among diabetes patients. Results shows that, the majority of diabetes patients 42 (70%) scored between 10 - 14; 12 (20%) diabetes patients scored between 5- 9 and 6(10%) diabetes patients scored between 15-20 and none were scored between 0-4. Post test knowledge score regarding diabetic diet among diabetes patients. In post test 7 (11.6%) of them scored between 15 -20 (adequate knowledge score regarding diabetic diet), 48 (80%) of them scored between 10 - 14 (moderate knowledge score regarding diabetic diet), 5(8.3%) of diabetes patients scored between 5-9 (inadequate knowledge score regarding diabetic diet) and none of them scored between 0-4 (extremely poor knowledge score regarding diabetic diet). Post test

knowledge score regarding diabetic diet among diabetes patients. Result shows that, the diabetes patients 0 (0%) scored between 0-4; 5(8.3%) diabetes patients scored between 5-9; 48 (80%) diabetes patients scored between 10-14 and 7(11.6%) scored between 15 - 20. Comparison of the level of knowledge regarding diabetic diet before and after administration of questionnaires. Result shows that, during the pretest the majority of 42 (70%) diabetes patients scored moderate knowledge, 12diabetes patients (20%) scored inadequate knowledge and 6 (10%) diabetes patients scored adequate knowledge regarding diabetic diet. During the post test the majority of diabetes patients 48 (80%) had shown improved to moderate knowledge, 7 (11.6%) diabetes patients had adequate knowledge and 5 (8.3%) scored inadequate knowledge regarding diabetic diet. Comparison of pretest and post test knowledge score regarding diabetic diet among diabetes patients. The result shows that, during the pretest the majority of, diabetes patients 42 (70%) scored between 10 - 14, 12(20%) diabetes patients scored between 5-9, 6 (10%) diabetes patients scored between 15-20.No one had scored between 0-4. During the post test the majority of 48 (80%) diabetes patients scored between 10-14, 7(11.6%) diabetes patients scored between 15-20 and 5(8.3%) diabetes patients scored between 5-9 and none of them had scored between 0-4.

CONCLUSION

The primary responsibility of the Dietitians to create awareness and provide necessary information before the treatment which will help to develop a positive attitude. In this study, majority of the diabetes patients had moderate to adequate knowledge level. But after the counselling the number of the diabetes patients gained adequate and moderate knowledge level regarding diabetic diet and thus their knowledge has been increased. Hence, treatment orientation and need based education enhances the knowledge level to be increased among diabetes patients.