



A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING LIFESTYLE MODIFICATION AMONG PATIENTS WITH DIABETES MELLITUS

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ABSTRACT

The present study was aimed to assess level of knowledge regarding lifestyle Modification in patients with diabetes mellitus in NIMS Hospital Neyyattinkara. The objective of the study where to assess level of knowledge regarding lifestyle Modification in patients with diabetes mellitus in NIMS Hospital Neyyattinkara. To find out the association between level of knowledge regarding lifestyle Modification in patients with their selected demographic variables. The nursing theory used was AlawignvonBetlanffy system model. The methodology selected was a quantitative approach which is descriptive in nature and Descriptive research design was used in the study. The sample consist of 30 patients with DM, From NIMS hospital chooses by stratified random sampling technical. The study was conducted at Endocrinology OP of NIMS hospital. The data was obtained by using demographic variables and questionnaire. The data was analysed by descriptive and inferential statistics. The mean Value of the test score is 46.6. The result of the study revealed that there is a average knowledge Regarding lifestyle Modification in patients with diabetes mellitus. No significant association found between level of knowledge and the demographic variables. The study concluded that there is a significant knowledge on with diabetes mellitus in NIMS hospital.

KEYWORDS : Assess, knowledge, life style modification.

INTRODUCTION

Healthy living is the essence of overall health physical and mental Health requires the promotion of healthy life style .The term life style is rather a diffuse concept often used to denote "The way people live reflecting a whole range of social values, attitudes and activities .It is composed of cultural and behavioural pattern and lifelong personal habits (smoking, alcoholism) that have developed through the processes of socialisation.¹

Life style diseases are diseases are appear to increase in frequency as countries become more industrialized and people live together. Around one out of ten persons have been found to be suffering from diabetes mellitus and hypertension. India has the largest diabetic population in the world. Epidemiological evidences suggest that regular exercise and physical fitness in adult life style are associated with decreasing prevalence of CAD in general population.²

Diabetes is the leading cause of adult blindness, end stage renal disease, and non traumatic lower limb amputations. It is also major contributing factors for heart disease and stroke. Adults with diabetes death rate 2-4 times higher than adult without diabetes. The risk of stroke of is also 2-4 times higher among peoples with diabetes, in addition about 73% of adult with diabetes have hyper tension. For deduction of these complications effective management is necessary including the lifestyle modifications such as changes in diet, activity, medications etc.2

Diabetic population is increased rapidly because of lifestyle changes and unawareness about diabetes .so the researcher is motivated to do a descriptive study to assess the level of knowledge regarding lifestyle modification among patients with diabetes mellitus with at NIMS hospital, Neyyattinkara

MATERIALS AND METHOD

Quantitative research approach was adopted. Descriptive research design was used for the study. Setting of the study was conducted NIMS hospital, The sample consist of 30 patients with DM, From NIMS hospital chooses by stratified random sampling technical. After getting informed consent questionnaire was given patient at Endocrinology OP of NIMS hospital .The data was obtained by using demographic variables and questionnaire. The data was analysed by descriptive and inferential statistics.

RESULT

Association between level of knowledge regarding lifestyle modification and selected demographic variable.

Majority of the sample 40% belongs to the age group 51-60years. minority of the samples belongs to 31-40years.

Majority of the samples are females (60%). Minority of the samples are males (40%).

Majority of the samples are from village (80%) and 20% from city. Minority of the samples are from slum area (3%).

47% of samples having basic education and about 10% have degree and professional level education.

About 36.6% of samples are coolie workers and 26.6% samples are Government employees. Minority of the samples are having sedentary

Majority of the samples belongs to the income category below 5000 Rs(43.3%) and remaining having income above 5000 Rs

Majority of the samples are having Type 2 diabetes mellitus (36.66%) and 40% having Type 1 diabetes mellitus. Remaining secondary diabetes mellitus diabetes mellitus and 1% having gestational diabetes mellitus.

About 40% having duration of illness is above 10 years. Approximately about 36.6% having 1-5 years of onset and 23% were having 6-10 years.

About 56.6% of samples having hypertension associated with diabetes mellitus. 33% having coronary artery disease, 6% having chronic kidney disease and 3% having cerebro vascular accident.

Level of knowledge regarding life style modification among diabetes patients shows table 1.1

Level of knowledge on life style modification	frequency	percentage
Poor	4	13.4%
Average	17	56.6%
Adequate	9	30%

Association between level of knowledge regarding lifestyle modification and selected demographic variables

Chi-square test was employed to find out the association between level of knowledge regarding lifestyle modification and selected demographic variables. No significant

association between level of knowledge regarding life style modification and demographic variables except gender and type of diabetes mellitus.

OBJECTIVES

- To assess the level of knowledge regarding lifestyle modification among diabetes patients.
- To find out the association between level of knowledge regarding lifestyle modification among diabetes patients with their selected demographic variable.

Objective 1:

To assess the level of knowledge regarding lifestyle modification among patients with diabetes mellitus

a) Frequency and percentage distribution of test scores on level of knowledge regarding lifestyle modification among patients with diabetes mellitus depict that,

Most of them have average knowledge (56.6%), 30% have poor knowledge and 13.4% have poor knowledge.

The mean value of the level of knowledge regarding lifestyle modification is 46.7 and standard deviation is 12.66.

Hypothesis 1:

H1: There is a significant level of knowledge regarding life style modification among patients with diabetes mellitus So, this hypothesis was accepted.

Objective 2:

To find out the association between the level of knowledge regarding lifestyle modification among patients with diabetes mellitus with their selected demographic variables

Chi-square test of the test scores with their demographic variable.

Chi-square was calculated to find out the association between test scores on the level of knowledge regarding lifestyle modification among patients with diabetes mellitus with their demographic variable. it reveals that there is no significant association between the test scores when compared to age, domicile, education, occupation, income, duration of illness and co-morbid factors. However significant association is found between the test scores when compared to gender and type of diabetes.

Hypothesis II:

H2: There is no significant association between the level of knowledge regarding lifestyle modification among patients with diabetes mellitus with their selected demographic variables except gender and type of diabetes. So, the hypothesis was rejected.

DISCUSSION

in this study majority of the sample 40% belongs to the age group 50 -60 years. minority of the samples belongs to 31-40years. Majority of the samples are females (60%). minority of the samples is males (40%). Majority of the samples are from village (80%) and 20% from city. Minority of the samples are from slum area (3%). 47% of samples having basic education and about 10% have degree and Professional level education About 36.6% of samples are coolie workers and 26.6% samples are Government employees. Minority of the samples are having sedentary. Majority of the samples are having Type 2 diabetes mellitus (36.66%) and 40% having Type 1 diabetes mellitus. Remaining secondary diabetes mellitus diabetes mellitus and 1% having gestational diabetes mellitus. Level of knowledge regarding life style modification among patients with diabetes mellitus. Majority of the samples having average level of knowledge regarding life style modification (56.6%) and 30% having adequate

knowledge and minority of the samples have poor knowledge, 13.4%.

Chi-square test was employed to find out the association between level of knowledge regarding lifestyle modification and selected demographic variables. No significant association between level of knowledge regarding life style modification and demographic variables except gender and type of diabetes mellitus.

CONCLUSION

Assessment of level of knowledge regarding life style modification among patients with diabetes mellitus exhibited that there is a significant level of knowledge regarding lifestyle modification among patients with diabetes mellitus From the study it is revealed that there is average level knowledge regarding lifestyle modification among 56.6% of patients, 30% have adequate knowledge and 13.4% have poor knowledge.

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