



A DESCRIPTIVE STUDY TO EVALUATE THE PRACTICE ON HOME MANAGEMENT OF HYPOGLYCEMIA AMONG DIABETIC PATIENTS IN SELECTED HOSPITALS OF GUWAHATI, ASSAM.

Nursing

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ABSTRACT

Hypoglycemia is an emergency life threatening condition for diabetic patients who take their medication. Proper hypoglycemia prevention relies on knowledge and self-care practice. People with diabetes who want to live their lives without limits need to know a lot about their illness. Comprehensive patient's education is required to provide the patient with self-management skills necessary to achieve good glycemic control. Epidemiologic data indicate that a large number of patients do not receive the proper care or education which is necessary to develop such management abilities. The objective of the study was to evaluate practice on home management of hypoglycemia among diabetic patients. A descriptive design was adopted for the study. 110 diabetic patients were selected using purposive sampling technique from Medicine OPD of Health City Hospital, Guwahati, Assam. Structured questionnaire was used to evaluate practice on home management of hypoglycemia among diabetic patients. Data was analyzed by using the statistical software SPSS 20 version. The findings of the study revealed that 64 % of the participants were doing inadequate practices on home management of hypoglycemia and 36 % were doing adequate practices on home management of hypoglycemia. There was a significant association between practice on home management of hypoglycemia with selected demographic variable i.e., duration of diabetes illness (p value = 0.009). The study concluded that majority of the diabetic patients has inadequate practice on home management of hypoglycemia.

KEYWORDS

Diabetes Mellitus, Practice, Home Management, Hypoglycemia

INTRODUCTION:

Diabetes Mellitus is a major health problem in the world. It is a group of metabolic disorders which can lead to enormous medical as well as socio-economic consequences.¹ Two aspects of Diabetes Mellitus are hyperglycemia and hypoglycemia.

Hypoglycemia is a true medical emergency condition.² It means low blood sugar level. It occurs when blood sugar level fall below a level necessary to properly support the body's need for energy and stability throughout its cell. One of the indirect hazards of hypoglycemia is that it may endanger the life of a diabetic patients, during activities like driving, swimming and walking.³

Hypoglycemia can lead to dizziness, palpitation, sweating, nausea and vomiting, lack of concentration, abdominal discomfort, tremor, hunger, speech disabilities and hence proper management should be given at the right time when diabetic patients are far away from the medical setting or in community setting. For this reason patient's practices on home management of hypoglycemia needs to be evaluated. Patients should be made aware regarding home management of hypoglycemia to prevent further complications.

GENERAL OBJECTIVE:

To evaluate the practice on home management of hypoglycemia among diabetic patients with a view to provide health education in selected hospitals of Guwahati, Assam.

SPECIFIC OBJECTIVES:

- 1) To evaluate the practice on home management of hypoglycemia among diabetic patients.
- 2) To find association between the practice on home management of hypoglycemia with selected demographic variables of diabetic patients.

METHODOLOGY:

The research approach chosen for the study was quantitative research approach. Descriptive design was used to evaluate practice on home management of hypoglycemia among diabetic patients. Study was conducted in two Medicine OPD at Health City Hospital, Guwahati, Assam. Population was patients who were diagnosed as diabetic mellitus and taking treatment at Health City Hospital. Total 110 diabetic patients were selected. Purposive sampling technique was used for the study. The tool consists of Tool 1: Questionnaire on socio-demographic information like age, gender, educational status, income per month, religion, family history, duration of illness, type of family and general information about the participants. Tool 2: Practice on home management of hypoglycemia was assessed by using structured

questionnaire. It consist of 10 questions. For each correct practice score was 1 and for incorrect practice score was zero. Practice level is categorized as less than 50% = inadequate practices and more than 50% = adequate practices.

The study was approved by Institutional Ethical Committee of Army Institute of Nursing, Guwahati, Assam on 10th Nov 2020. Formal permission was taken from Medical Director of Health City Hospital. Informed consent was taken by explaining the purpose of the study. Instruction was given to the participants and marking was done according to their answer. Time taken by the participants for marking was 20 minutes. After completion of marking health education was given to all the participants irrespective of their knowledge level. Time duration for health education was 15 minutes. The data collected was analyzed by using descriptive and inferential statistics.

DATA ANALYSIS AND INTERPRETATION:

Result shows that among 110 participants majority 38 (33%) of the participants were in age group of 46-55 year and 14 (12.8%) were in age group of 66-75 year. 68 (61.8%) were males, 42 (38.2%) were females. Regarding education 55 (50.0%) of the participants had secondary education and 1 (0.9%) was illiterate. 47 (42.5%) were employed and 18 (18.2%) were unemployed. Majority 40 (36.4%) of the participants were earning an income of Rs 20,001-Rs 30,000/month and 12 (10.9%) were having income below 10,000/ month. 97 (88.2%) were Hindu. 63 (57.3%) of the participants were having family history of diabetes mellitus. 78 (71%) were having duration of illness 4-11 years, 25 (23%) participants were having duration of illness 12-19 years and 7 (6%) participants were having duration of illness 20-27 years. 76 (69.1%) of the participants belonged to nuclear family and 34 (30.9%) belonged to joint family.



Figure 1: Frequency And Percentage Distribution Of The Participants By Practice Score.

The findings of the study revealed that 64 % of the participants were doing inadequate practices on home management of hypoglycemia and only 36 % were doing adequate practices on home management of hypoglycemia. There was a significant association between practice on home management of hypoglycemia with selected demographic variable i.e., duration of diabetes illness (p value = 0.009)

DISCUSSION:

Regarding practice on home management of hypoglycemia . Result showed that among 110 participants, 71 (64%) of the participants were doing inadequate practice, 39 (36%) participants were doing adequate practice on home management of hypoglycemia.

A study which was conducted by Girma G, Getahyn A et al. (2015) on knowledge and practice on prevention of hypoglycemia among diabetic patients in South Gondar, Northwest Ethiopia. The study revealed that among 418 participants; 74 (21.4%) had good practice in managing hypoglycemia and 344 (78.6%) had bad practice on management of hypoglycemia. This support the findings of present study.⁴

There was significant association between practice with demographic variable i.e., age, and duration of diabetes illness. A study conducted by Esileman A, Banchamlak J, (2015) on knowledge and practice on prevention of hypoglycemia among diabetic patients in South Gondar, North West Ethiopia. The study revealed that statistically there is a association between the practice on management of hypoglycemia with duration of diabetes illness. This support the findings of present study.⁵

The finding of the present study can be contradicted by a similar study which was conducted by Shriram V, Mahadeva S et al. (2016) on self-reported prevalence of hypoglycemia among type 2 diabetic patients and practices adopted by them during and after the episodes to manage and overt future occurrences. This study revealed that statistically there was no association between the practices on management of hypoglycemia at home with Duration of diabetes illness.⁶

However, age, employment status, income per month, and gender of the participants were not significantly associated with the practice on management of hypoglycemia.

CONCLUSION:

The study concluded that majority of the diabetic patients has inadequate practice on home management of hypoglycemia. They should be made aware on hypoglycemia, its prevention and home management through various education programmes, awareness session and implement policies in managing the hypoglycemic episodes and their further complications.

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