

Perceptions Related to Lifestyle Modifications Among Diabetes Mellitus Patients in Tertiary Care Hospitals in Mangalore

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Background

Diabetes mellitus is a chronic condition which has reached epidemic proportions throughout the world. According to World Health Organization, in India in the year 2000 there were 31,705,000 diabetics and it is estimated to double by the year 2030. The two basic approaches to keep Diabetes under control are Lifestyle modification and pharmacological approach. Diabetes requires a lifelong management plan, and people with diabetes have a central role in this plan. Lifestyle modifications provide an opportunity for diabetics to take charge of their health.

Aims & Objectives

To study the Lifestyle Modification practices and their socio-demographic correlates among Diabetes Mellitus patients seeking healthcare in the selected hospitals of Mangalore.

Material & Methods

This hospital based cross sectional study was carried out in the tertiary care hospitals attached to Kasturba Medical College (Manipal University), Mangalore. After obtaining the clearance from the Institutional Ethics Committee (IEC), the hospitals were visited for data collection. A total of 109 subjects aged 20 years and above, who had been diagnosed with Diabetes Mellitus for at least 5 years, were included in the study. The data was collected using a semi structured, pre-tested proforma. The grading scale used to indicate good and poor practices used an average of scores and an average higher than 75% indicated good practices whereas a lower

average indicated poorer practices. The data was entered using Statistical Package for Social Sciences (SPSS) version 11.5. The results were expressed as graphs and proportions.

Results

Out of the 109 subjects 77(70.65%) were males, most of them (68.80%) belonged to the age group 41-60 and 106 (97.24%) were married. Also, 95(87.15%) of them were treated on outpatient basis. A total of 67 (61.46%) had been diagnosed within last 1-5 years and 97(88.99%) of the total were receiving regular treatment. Out of 109 subjects 80 (73.39%) consumed alcohol and 78 (71.55%) smoked. Dietary modification was good in only 8 (8.25%) patients majority of them belonging to lower socio economic status (calculated based on modified Kuppaswamy Scale), 16 (14.67%) subjects had good exercise behaviour most of them belonged to middle socio economic status, only 1(0.91%) subject had good sugar monitoring practice, 14 (12.84%) subjects had good foot care practices majority them belonging to middle socio economic status.

Conclusions

Majority of the subjects were taking regular treatment which is a good indication. The practices related to diet, exercise, blood sugar monitoring and foot care were low among the subjects. Most of the good Lifestyle Modifications were restricted to Lower and Middle Socioeconomic Status. The substance abuse rates were high among the study population. The study indicates need for implementation of diabetes self- management education programmes and need for regular counseling towards quitting substance abuse.