

DIABETES AND ENDOCRINOLOGY

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Chronic constipation in patients with type-2 Diabetes: Prevalence and associated factors

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Introduction: One of the most prevalent and chronic metabolic illnesses is diabetes mellitus. It is one of the most challenging and difficult global health issue. Constipation is frequently seen among the lower gastrointestinal symptoms in diabetes patients, who almost all experience at least one gastrointestinal symptom. Despite the fact that constipation is common, doctors and/or patients disregard it. Determining the prevalence and contributing factors of constipation in patients with diabetes mellitus was the goal of the current investigation.

Methods: A cross-sectional study was carried out in a hospital setting and systematic sampling was used. The data was entered in Epi-Data 4 and exported to STATA 14 for analysis. Binary and logistic regressions were also carried out to identify variables associated to constipation. Factors having a p-value of less than 0.05 were deemed statistically significant in the final model.

Results: 206 diabetics participated in the survey. The mean age of the participants was 52.7 years (SD±11.9) and 92(44.7%) of individuals with diabetes were females. The prevalence of constipation was 16% (95% CI: 10.97-21.07). Age (AOR=13.56; 95% CI: 1.71, 107.21), females (AOR=4.58; 95% CI: 1.76, 11.87), the duration of the diabetes (AOR=3.16; 95% CI: 1.21, 8.24) and psychological distress (AOR=12.49, 95% CI: 1.53, 101.8) were significant factors.

Conclusion: The magnitude of constipation was substantial and it was linked to psychological distress, longer-lasting diabetes, being a woman and aging. Patients with type-2 diabetes need to receive careful treatment in order to reduce the severity of the condition and its further complications.

Recent Publications

1. Cognitive impairment and associated factors among mature and older adults living in the community of Gondar town, Ethiopia, 2020 DOI: 10.1038/s41598-022-11735-2
2. Visual impairment and its predictors among people living with type 2 diabetes mellitus at Dessie town hospitals, Northeast Ethiopia: institution-based cross-sectional study DOI: 10.1186/s12886-022-02292-3
3. Predictors of dream enactment behavior among medical students: The case of the University of Gondar, Ethiopia. DOI: 10.1371/journal.pone.0263884

Biography

Mohammed Abdu Seid, MSc in medical physiology, lecturer and researcher at Debre Tabor University, college of medicine and health science, Ethiopia. He has also participated in community service and research alongside lecturing. He is a young researcher having more than 20 publications that have been cited close to 100 times and published in international peer-reviewed journals. He has been serving as a reviewer member of more than 10 reputed international journals.

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