

## Evaluation of the health seeking practices among diabetics (>10 years of duration) in the field practice areas of government medical college, Amritsar

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Diabetes has become global issue due to premature illness and its complications leading to death. Epidemiological transitions and demographic transitions in developing countries are contributing to this rise. Though the problem reigns in both developing and developed countries, it is the former which suffers the most due to lack of awareness. Awareness about good health seeking practices are essential for prevention, early diagnosis and management of diabetic complications. This study was conducted to evaluate the health seeking practices among diabetics in the field practice areas (rural and urban) of Government Medical College, Amritsar.

A community based cross-sectional study was carried out in both rural and urban areas of district, Amritsar. A total of 200 diabetic patients who had diabetes equal to or more than 10 years of duration were interviewed using pretested and predesigned questionnaire. Data such collected was analysed at  $p < 0.05$ .

Out of total 200 diabetic respondents, 50% (100) were from urban and 50% (100) were from the rural area. In both urban and rural areas, majority were literate i.e. 80% (161) and employed i.e. 51% (103). The mean age of diabetic respondents was 58.05 years with a male to female ratio of 1.1:1. The majority 82% (165) were diagnosed in the private


sector and 99% (198) were on allopathic treatment. Oral hypoglycaemic agents were used by 77% (153) patients to manage their disease. 23% (45) were using both oral hypoglycaemic agents and insulin. About 48% (96) were monitoring their RBS regularly, 76% (151) were on regular treatment for diabetes and 55 (27%) were doing physical activity.

Lack of awareness and poor health seeking practices and about non pharmacological measures are main factors for development of complications among diabetic patients.

### Speaker Biography

Mohan Lal is a postgraduate (MD) in Community Medicine & Post Graduate Diploma in Hospital & Health Management. Worked about 10 years in Regional Health and Family Welfare Training Center. Published two books 1. Women & Child Health Care (Vernacular Language) 2. Let's know about Health problems! (Vernacular Language). Worked with John Hopkins School of Public Health in Road Safety -10 Project. Principal Investigator for a Multicentric Study at National Level. Currently involved as an investigator in Project "Burden of NCD risk factors in Punjab, India. According to Researchgate, RG score is 16.85 He has 46 publications that have been cited 50 times, and his publication H-index is 2 and has been serving as a reviewer member of journals. Worked as Supervisor (7) and Co-supervisor (6) for thesis work. Nodal officer for state level capacity building training for medical officers. Member Secretary, Academic College Council, Secretary, IAPSM, Punjab Chapter.

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