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Self-care practice and its associated factors among diabetic patients in Addisababa public hospitals, cross sectional study

Melat Mamo¹ and Meaza Demissie²

¹Haramaya University, Ethiopia

²Addis Continental Institute of Public Health, Ethiopia

Statement of the problem: Diabetes is one of the most prevalent non-communicable diseases globally, presenting a significant public health burden on the basis of its increasing incidence, morbidity, mortality, and economic costs. The prevalence of the disease is gradually increasing in the developing countries; Ethiopia is also facing a growing morbidity and mortality of diabetes. Self-care of diabetes is essential for control of the disease and improvement of quality of patients' life. Thus, this study has assessed self-care practice and its associated factors among diabetes mellitus patients in Addis Ababa public hospitals.

Methodology & Theoretical Orientation: In this cross-sectional study, 660 diabetic patients were selected through systematic random sampling method; data was collected from November to December 2011. Patients were interviewed using a structured questionnaire. Based on the patients answer to the practice questions patients were categorized as those with good and poor levels of practice. Binary and multivariate logistic regressions were used to exam the association between self-care practice and different factors.

Findings: The result of the study showed that only 60.3 % (95% CI: 56%, 64%) of participants had good self-care practice. There was significant association between mode of treatment AOR= 1.94(95% CI: 1.31, 2.87), social support system AOR=1.59(95% CI: 1.10, 2.31), being member of diabetic association

AOR= 2.39(95% CI: 1.19, 4.81), diabetes education from health professionals AOR= 2.79(95% CI: 1.95, 3.99) diabetes knowledge AOR= 3.13(1.54, 6.39) and good self-care practice.

Conclusion and Recommendations: Despite the important role of self-care practice in management of diabetes and preventing its serious complications, a substantial number of the patients had poor self-care practice especially lack of regular exercise and self-monitoring of blood glucose, which have critical roles in controlling diabetes.

Speaker Biography

Melat Mamo has both medical laboratory scientist and public health experience in evaluation and passion in improving the health and wellbeing. Her experience in both hospital and teaching has brought great experience towards the health problem facing her society at large. She has built great urban and remote rural area experience while working as a program officer and researcher in international organization (NGOs). During research thesis of her master program undergo a cross sectional study on diabetes that has not been given emphasis at the study period. In addition, due to special interest on chronic non communicable diseases specially Diabetes participate in local and international symposiums and conferences so as member of Ethiopian Diabetes Association.

e: melatmamo13@yahoo.com

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