ASSESSMENT OF RISK AND KNOWLEDGE OF TYPE -2 DIABETES MELLITUS

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ABSTRACT

Background: The prevalence of diabetes mellitus is dramatically increasing in the world. It is estimated that number of people with diabetes will increase from 171 to 366 million between 2000-2030 worldwide. Indeed the number of cases in India is likely to double in two decades that’s from 39.9 million to 69.9 million by 2025. The prevalence rate has been increased from 2.3% to 12-19% in urban areas and 1% to 4-10% in rural areas.

Methodology: The purpose was to assess the level of risk and the knowledge regarding type 2 diabetes mellitus among the adults. 400 adults were randomly selected from the community, the risk for DM was assessed using the Indian Diabetic Risk Assessment score and those identified with high risk were administered with the knowledge questionnaire and their fasting blood glucose levels were assessed.

Findings: The data were analysed and found majority 62.5% were at moderate risk, 36% at high risk and 1.50% at low risk. Majority of the adults 63% had average knowledge, 35% with good and 2% with poor knowledge on type 2 DM. There was a positive correlation between the level of risk and fasting blood glucose level.

Conclusion: The study stated a high risk involved among adults and there is a positive correlation between the risk of DM and fasting blood glucose levels.

KEY WORDS: adults, knowledge, Level of risk, type 2 Diabetes Mellitus.

References:

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