

KNOWLEDGE, ATTITUDES , PRACTICE AND COMPLIANCE OF DIABETIC PATIENTS IN DAKAHLIA, EGYPT

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ABSTRACT

Background: Diabetes education, with improvement in knowledge, attitudes and skills, leads to better control of the disease **The objectives** of the study were to assess knowledge, attitude, practice and compliance of rural diabetic patients, and to identify the predictors of good knowledge and patient's compliance and to determine the impact of diabetes on patients' daily work.

Method: This was a cross sectional descriptive study extended for one year and conducted at out-patient clinics of three family health centers chosen randomly in Dakahlia Governorate. A pre-constructed and pre tested questionnaire was used to assess KAP and compliance of participants.

Results: Among 750 respondents, females constituted 56.1%. 94.8% aged ≥ 30 years. 66.3% of them were rural resident. Nearly one third of patients were illiterates. Non-workers/housewives were 31.1%. More than half of patients reported monthly income of ≥ 1200 Egyptian pounds. About two thirds of the patients have been diabetic since more than 5 years and majority of them 93.1% were of type II. Positive family history of diabetes was reported in 72% of patients. Logistic regression revealed that the significant predictors of good knowledge were urban resident, disease duration, work and positive family history while that of patients' compliance were education, disease duration.

Conclusion: The overall rate of adequate knowledge regarding diabetes was only 52.3% among participants. Insulin-treated patients had lowest knowledge, attitude, and practice toward diabetes. There is a gap between patients' level of knowledge and their practice.

Recommendation: Efforts are required to improve KAP of diabetic patients and their compliance.

Keywords: Diabetes mellitus, KAP, Compliance, Egypt.