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PSYCHOSOCIAL ASPECTS OF LIVING WITH DIABETES MELLITUS: BASIS FOR AN ENHANCED DIABETIC PROGRAM OF PRIMARY HEALTH CARE IN DOHA, QATAR

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This descriptive-relational study was conducted to determine the psychological and social aspects of living with diabetes mellitus. The findings would be the basis for an enhancement of the diabetic program in primary health care. Using the one-shot survey design, 280 patients with diabetes mellitus were included as respondents of the study. The statistical tools employed were means and frequency distribution for descriptive analysis, while Gamma and Cramer's V were used for inferential analysis. This research has shown that the respondents were fairly psychologically and socially well. They were satisfied with self and living in a purposeful manner, however, they were anxious about the complications of the disease. Family members were concerned about their condition wherein they could talk freely about diabetes mellitus. Educational attainment and living arrangement were significantly correlated with psychological well-being. Presence of illnesses not related to diabetes was significantly correlated with both psychological and social well-being. In conclusion, patients with diabetes mellitus still have the ability to feel good about themselves, having healthy relationships, and maintain psychological health and social well-being.

Biography

Joyce Espinosa is working as a Staff Nurse in Al Sheehaniya Health Center at Doha, Qatar

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