

20th Asia Pacific

DIABETES CONFERENCE

July 16-17, 2018 Sydney, Australia

A descriptive study on causes of hypoglycemic events with an assessment of knowledge and awareness on hypoglycemia, in a diabetic population admitted with a hypoglycemic episode

Chathuranga Lakmal Fonseka, Abeyaratne D D K, Rathnamali B G A, Liyanapathirana C, Sivapalan M, Wijekoon P W M C S B and Somasundaram N
University of Ruhuna, Sri Lanka

Occurrence of hypoglycemia had become an important complication nowadays, especially when meeting stringent HbA1c targets. Finding out gaps in patient's knowledge on hypoglycemia is important to plan a strategy to prevent this serious complication. We assessed knowledge, awareness and practices related to hypoglycemia in diabetic patients admitted with documented hypoglycemia to emergency and medical wards in two tertiary care centers in Sri Lanka over six months. Data was collected using an interviewer-based questionnaire. Out of 62 patients 34 (56%) were males admitted with hypoglycemia during the study period. 37 (60%) had an educational level below Grade 10.49 (80%) were older than 50 years. 40 (65%) had diabetes for >5 years and the majority had macro-vascular (76%) and micro-vascular (92%) complications. 13 (21%) had at least one previous attack. 26 (42%) were on insulin. During the current admission, blood glucose level was <50 g/dl in 44 (71%) and 26 (42%) had hypoglycemic unawareness. Commonest symptoms at presentation were loss of consciousness (82%), confusion (18%), sweating (43%). 47 (77%) were previously educated at least once on hypoglycemia. Majority identified altered consciousness (70%), confusion (40%), sweating (61%) and palpitations (22%) as a symptom of hypoglycemia. 88% knew to manage a minor hypoglycemic episode. The common predisposing causes for hypoglycemia were missing a meal (60%), newly detected renal impairment (26%) and alteration of drugs (12%). Only 24 (39%) owned a glucometer. In conclusion, Patients on insulin and oral hypoglycemic drugs should be educated regularly on common hypoglycemic symptoms to enable early identification and treatment which in turn would reduce the number of hospital admissions with hypoglycemia. Glycemic targets should be regularly assessed on individual basis in patients with complications.

Biography

Chathuranga Lakmal Fonseka is currently working as a Lecturer in Clinical Medicine, Faculty of Medicine and is also working as a Senior Registrar in Clinical Medicine at the university medical unit. He has excellent academic profile and is interested in medical research. He has several publications to his account in high indexed journals and currently is involved in several ongoing researches.

lakmalfonseka@med.ruh.ac.lk