

DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

September 28-29, 2018 | Montreal, Canada

Evaluation of self- management activities of the patients with type-2 diabetes in Famagusta, North Cyprus

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Introduction: This cross-sectional study was done in Famagusta, North Cyprus. The target population was calculated as 151 with a 95% confidence interval. Permission was obtained from Dr Andreas Schmitt to use Diabetes Self-Management Questionnaire (DSMQ) as a tool for this research. A printed questionnaire was given to the patients with a total of 24 questions (16-DSMQ, 8-demographic). Individuals younger than 20 years old were excluded. Approval obtained by EMU Ethics Board and permission letter from TRNC Ministry of Health. Data analysis was done via IBM SPSS and graphs were designed via Microsoft Excel.

Results: 151 patients were reached in the defined time period. Percentage of males is (49.7%) and females are (50.3%). Majority of the subjects were overweight and obese (78%). The percentage of subjects who completed primary/secondary school education (64%), high-school/upper education (25%) and (11%) were non-educated. The mean value for age was calculated as (63.42). The physical activity showed a significant relationship with gender, BMI, and level of satisfaction. Seminar attendance was significantly associated with tobacco usage which gave us a clue about the seminar effectiveness. Unexpectedly the BMI was not related with the nutritional habits and the educational level had no impact on the diabetes self-care.

Conclusion: Diabetes is a multifactorial condition, but physical activity is a dominant factor affecting the self-management of type-2 diabetic patients in Famagusta, Northern Cyprus. Our study results were generally compatible with the previous studies. Based on our study findings, we recommend holding more seminars and creating more physical activity facilities in Famagusta.

Biography

Bulent Sezgin has been working as an Assistant Professor at Dr Fazil Kucuk School of Medicine, East Mediterranean University in Famagusta, Northern Cyprus. Currently, he has been giving some lessons such as Introduction to Clinical Skills, Problem Based Learning and Physiology. He is interested in diabetic care, obesity and metabolic syndrome. He received his bachelors' degree from Faculty of Medicine, Aegean University and his internal medicine training from Istanbul University Faculty of Medicine. He got educated on intensive care unit at Parnassus Hospital of University of California San Francisco for six months. He worked as an internist in Canakkale State Hospital and his private practice for a long time.

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