

**TITLE**

**Diabetic patients' perceptions of illness and treatment: the case of somale regional state, Ethiopia**

**Mohammed A. Mohammed**

Jigjiga University, Sofia S. Awol, Karamara Hospital, Ziyad A. Wabe, Save the Children/ UK

**Background:** Nonadherence to medication and lifestyle regimes in diabetes is associated with increased hospitalizations and mortality, yet many patients fail to adhere to treatment recommendations. Recently, illness perceptions have been associated with adherence to diet and exercise recommendations, blood glucose monitoring, clinic attendance, and blood glucose levels. Specific treatment perceptions are more predictive of adherence to specific behaviors than combined treatment perception scales. The objective of this study is to investigate diabetic patients' perceptions of illness and treatments, and explore relationships to adherence and blood glucose control Somale Regional state, Eastern Ethiopia.

**Methodology:** This cross-sectional study was completed at diabetes clinic in Karamara Hospital in Somale Regional State, in Eastern Ethiopia. 54 DM type 1 and 205DM type 2 patients completed questionnaires assessing illness perceptions, treatment beliefs, and adherence to medications, diet, and exercise. Blood glucose control was assessed from blood tests.

**Results:** Patients rated medication more important than diet and exercise, and reported lower adherence to medications. Oral Hypoglycemic agents were perceived as more helpful for diabetes, while antihypertensives and weight loss were perceived more helpful for preventing heart problems. Perceptions were associated with adherence to insulin, cholesterol and antihypertensive medications, exercise, and diet. Blood glucose control in type 1 diabetic patients was associated with insulin adherence and perceived personal control, and in type 2 diabetic patients to being prescribed insulin or antihypertensives, and perceived personal control.

**Conclusions:** Findings suggest that adherence may be improved by altering patients' illness and treatment perceptions. Interventions to change illness perceptions have been shown to improve outcomes in heart attack patients and their spouses. The first intervention trial to investigate the effects of changing illness perceptions in poorly controlled diabetic patients is underway.

**Biography**

Mr. MOHAMMED ADEM MOHAMMED has completed his B.PHARM from Jimma University, Ethiopia. Later on he received his MSc in Clinical Pharmacy from the Jimma University at age of 25. He worked under Somale Regional State Health Department as administrator, JigJiga Health Science College as instructor and Pharmacy Practitioner at Karamara Hospital. He also served as Coordinator of Clinical Pharmacy Service of The Hospital. He is now Clinical Pharmacy Practitioner, and academic staff of Jigjiga University, where he is serving as Head of the Department of Public Health in the Faculty of Health Science. He has published 7 papers in reputed journals.