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The impact of diabetes knowledge on diabetes control

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Methods: We conducted a cross-sectional study at the King Abdulaziz Specialist Hospital, Taif, Saudi Arabia, Division of Endocrinology. T2D age >18 years who had a routine visit to the Endocrine Clinic from Jun-Oct 2014 were asked to participate. We excluded patients with T1D. We used Michigan Brief Diabetes Knowledge Test to assess patient's knowledge. Those answered >65% of the questions considered to have good knowledge about diabetes. The primary goal is to assess the diabetes knowledge and its impact on diabetes control and complications.

Results: Total of 200 patients participated, 96 (48%) were male and 104 (52%) were female, mean age is 52.62 yrs (SD 13.7 years), 50% has diabetes for more than 10 yrs and 22.6% has it for 5-10 yrs, mean A1c 9.19%, mean BMI 31.1%, 73.5% were married, 64.5% did high school or less and 35.2% did college degree or higher, 43.5% considered to have low income, 35.2% were on oral medications only, 41.2% were on insulin, 23.5% were on insulin+/-oral, and the mean correctly answered knowledge questions was 47.95%. 81.8% of the diabetics with good knowledge report sedentary lifestyle compared to 82.7% in the poor-knowledge (p.89). Diabetics with good knowledge has mean A1c of 7.7 vs. 9.6 (p<.05), mean BMI 31.3% vs. 31.1%, mean SBP was 138.4 vs. 148.4 (p.21), mean resting HR 73.1 vs. 73.8 (p.75), mean TC 167.2 vs. 176.3 (p.16), mean LDL 108.6 vs. 114.2 (p.37), mean HDL 42.7 vs. 42.1(p.79), and mean TG 166.7 vs. 181 (p.27). All diabetics with good knowledge know that poorly controlled diabetes cause retinopathy compared to 69.1%, CHD 84.4% vs. 43.4%, and nephropathy 86.7% vs. 53.95 (all p<.05) in patients with poor knowledge respectively.

Conclusion: The majority (77.5%) of the screened T2D patients considered to have poor knowledge about diabetes. Poor knowledge associated with higher A1c, non-significant increase in most of the measured cardiovascular markers, and those are less aware about diabetes related complications.

Biography

Khaled A Alswat is an Assistant Professor of Medicine and the Vice Dean of Graduate Studies and Scientific Research at Taif University and a Consultant Physician of Endocrinology and Diabetes at Prince Mansour Diabetes and Endocrinology Center, Taif, Saudi Arabia. With outstanding educational and research activities, he received his Post-graduate training in Internal Medicine and Endocrinology from the George Washington University, Washington DC, USA. He is Certified Clinical Densitometrist by the International Society for Clinical Densitometry (ISCD), active member of numerous Endocrine organizations. He actively participated in many meetings including the Endocrine Society 2011 and 2012 meetings where some of his research was selected to be in the presidential session and amongst the top studies that received special mention in US media coverage.

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