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## Level of knowledge in patients with DM type 2 and its relationship with stages of grief

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**Objective:** To identify the level of knowledge of type 2 diabetes mellitus (T2DM) in patients assigned to the of diabetes clinics of the health services of the State of Hidalgo, Mexico and its relationship with the glycemic level and stage of grief according to Kübler-Ross.

**Material & Methods:** A cross-sectional study was performed in 310 patients with T2DM from the diabetes clinics of the health services of Hidalgo that belong to the Mutual Help Group (GAM, for its initials in Spanish). The patients were given the Diabetes Knowledge Questionnaire (DKQ 24); later a fasting blood glucose sample was taken and an interview (analysis of content) performed in order to identify their stage of grief. For data analysis descriptive statistics, the chi square test, and odds ratio were used.

**Results:** Of the total, 74.2% were women, 37.4% were illiterate and 27.1% had an elementary level education, mean age was  $59 \pm 11.3$  years, 71.6% were housewives, and the mean time of evolution of T2DM was  $10.4 \pm 6.8$  years. The mean glycemic level was  $162.4 \pm 74.5$  mg/dl. The score of the DKQ 24 was basic knowledge  $5.4 \pm 1.9$ , glycemic control  $5.4 \pm 2.4$ , complications  $7.1 \pm 5$  and global  $5.9 \pm 1.5$ . It was observed that 80.6% did not identify symptoms of hypoglycemia and 50.3% of hyperglycemia, 90.3% of patients did not know vasculopathy prevention measures. Patients who were in acceptance managed to control their glycemic levels better than those who were in depression or denial ( $P < 0.05$ ).

**Conclusion:** The level of knowledge of diabetic patients regarding their disease was low. These results suggest the importance of evaluating the subject content of the GAM, provide thanatological skills, therapeutics and clinics that allow patients to elaborate their grief and identify warning signs.

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