

Abstract

Poor awareness and practices on glycemetic control among diabetic patients are important factors influencing the progression of diabetes and its complications, which can be preventable through education and creating awareness. Diabetes self-management education is the cornerstone of diabetes care. This cross sectional study was aimed to assess the knowledge, attitude and practices of type 2 diabetic patients on their glycemetic control. 170 type 2 diabetic patients who were attending diabetes clinic in Mullaitivu and Kilinochchi District General Hospitals were recruited as subjects. Knowledge, attitude and self-care practices were evaluated using an interviewer administrated pre-tested structured questionnaire. The questionnaire includes questions about; socio demographic information, disease history for glycemetic control and family history of diseases, knowledge, attitude and practices towards the glycemetic control. The study sample consisted of 31% males and 69% females. Mean age was 57 years. Among the participants, 88% had adequate knowledge on glycemetic control, 73% had correct attitude regarding glycemetic control and 67% demonstrated good practices towards glycemetic control. Among people who demonstrated good practices towards glycemetic control, 76% of the patients checked their blood sugar regularly, 9.8% followed controlled and planned diet, 86% had good drug compliance and 30% participated in regular exercise. Controlled and planned diet was positively associated ($P=0.001$, OR: 1.23) with the achieving glycemetic control. Education level ($P=0.0001$, OR: 2.42), gender ($P=0.031$, OR: 1.11), duration of the diseases ($P=0.001$, OR: 1.43) and regular exercise ($P=0.001$, OR: 1.35) were positively associated with their knowledge. As evidenced by the study, majority of the population had adequate knowledge and correct attitude towards glycemetic control. Control and planned diet and exercise maintain glycemetic control. Good drug compliance is the key for their glycemetic control, however majority has not practiced the proper dietary and physical activity pattern. Though they have the knowledge and correct attitude, they have not practiced them to have a proper glycemetic control.

Key words: Knowledge, attitude, practice, type 2 diabetes, glycemetic control