

## عنوان مقاله:

Family Medical History (Knowledge, Attitude) and Management Practices of Diabetes Patients Attending Medical Out Patient Department in Federal Capital Territory Abuja

## محل انتشار:

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## خلاصه مقاله:

Objective: The study assessed the knowledge, attitude and management practices of diabetes patients attending medical out- patient department in Federal Capital Territory Abuja. Materials and Methods: A total of ۱۲۰ randomly selected respondents between ۱۸ - ۶۵ years were assessed using standard methods in a cross-sectional survey involving the use of validated semi-structured questionnaires. Results: The findings revealed that ۶۰% of patients were without health insurance despite the fact that they are educated; ۵۳% have been diagnosed and began their treatment between ۲ and ۵ years. For the knowledge indicators, ۵۰% of the patients know two types of diabetes, ۳۵% were able to list two types of diabetes while ۵۶.۷۰% could not list any type of diabetes. Attitude assessment among the diabetic patients revealed that ۷۹.۱۷%, ۶۲.۵۰%, ۶۸.۳۳% and ۵۱.۶۷% visit a physician; do monitor their blood glucose, have altered their eating habit and agreed that sedentary lifestyle is not good respectively; ۴۱.۶۷% of the respondents read health materials. In the area of lifestyle, changes made by the diabetic patients include check-up (۳.۳۳%), diet (۱۸.۳۳%) and exercise (۲۰.۰۰); ۴۰.۰۰% and ۱۴.۱۷% made a combination of two and three lifestyle changes respectively. Majority of the respondents do have their blood glucose level checked monthly. Conclusion: Based on the research findings, the diabetic patients' knowledge, attitude and dietary practices are contributing factors to their high fasting blood glucose and poor nutrition status

**کلمات کلیدی:**

Knowledge, Attitude, Practices, Management, Diabetes, Out-patients

**لینک ثابت مقاله در پایگاه سیویلیکا:**

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