

Knowledge, Attitudes, and Practices Regarding Diabetes Mellitus Management by Patients at Gatundu Level V Hospital, Kiambu County, Kenya

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Abstract

Background: Diabetes Mellitus is a major health challenge and is associated with severe morbidity and mortality. The management is heavily reliant on patient knowledge attitudes and practices to prevent complications and enhance overall well-being.

Objective: The research aims to assess the level of understanding regarding diabetes mellitus management, examine attitudes towards treatment adherence and analyze practices employed by patients in managing their condition.

Methods: The study was carried out using a descriptive cross-sectional study design among patients with types 1 and 2 diabetes at Gatundu Level V Hospital aged between 18 and 60 years. A sample size of 50 participants was arrived at using the Fisher formula. Sampling was done using simple random sampling. Formal questionnaires were used in collecting data. The Morisky Adherence Scale questionnaire was used to assess adherence. Verification and reliability checks were done on questionnaires and data was analyzed via the Statistical Package of Social Science software package (SPSS) version 23. Ethical considerations were observed appropriately.

Results: Fifty questionnaires were fully completed and analyzed (100%). The study participants were predominantly middle-aged (74%) and females (64%). More than half of the study participants had attained secondary education. They had diverse employment statuses. The level of knowledge was average (61%) and this was coupled with favorable attitudes (97%). Regarding practices, a significant proportion engaged in regular physical activity (80%), healthy dietary habits (74%), and adherence to medication and monitoring regimens (78%). Nevertheless, notable percentages reported non-adherence to recommended practices, suggesting areas for improvement.

Conclusions: These findings emphasize the importance of targeted education programs, accessible healthcare services, behavioral interventions, support networks, and continuous monitoring and evaluation to enhance diabetes management efforts. By implementing these recommendations, stakeholders can work towards improving outcomes and enhancing the quality of life for individuals living with diabetes in the community.

Key words: Diabetes mellitus, Knowledge, Attitudes, Practices, Management