

**A STUDY ON FACTORS AFFECTING GLYCAEMIC CONTROL  
FOR DIABETES MELLITUS (TYPE 2) PATIENTS IN HTJS AND  
THE MANAGEMENT OF DIABETES.**



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## ABSTRACT

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**Introduction:** Diabetes is a chronic disorder that poses a huge problem to many countries. The prevalence of diabetes is on the rise, and the complications associated with this disease are imposing a heavy burden on healthcare systems and on the quality of life worldwide. Studies show good glycaemic control can significantly decrease the development and/or progression of complications associated with diabetes, as well as the rate of mortality. From this factors effecting, we suggests the new way and method to improve patients' condition and manage their diabetes.

**Objective:** To investigate factors associated with glycaemic control of Type II diabetic patients in Hospital Tuanku Ja'afar Seremban and suggests ways to manage of diabetes.

**Method:** A prospective study which included 51 patients with type II diabetes mellitus (TIIDM) who were under the follow up treatment in Diabetic clinic Hospital Tuanku Ja'afar Diabetic Clinic during August 2008 to October 2008. Patients who came for the follow up were selected to complete a standardized questionnaire. Results were analyzed using SPSS Version 16.0 program and data was presented in a descriptive way which showed in bar charts. Cross tabulations were used to show the two-way relationship between glycaemic control and other associated factors.

**Result:** Findings showed patients with better compliance to their medications, strong family and friends' support, good knowledge and understanding about the disease, and proper lifestyle modifications were prone to have a better glycaemic control.

**Conclusion:** Factors such as compliance, family and friends' support, knowledge and understanding about the disease, and lifestyle modifications did affect the glycaemic control of patients. From those factors, we create the new envelope to make their better compliance and gave more information for them by distributes more pamphlets and new method to handle their condition.

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# **Chapter 1**

## **Introduction**

Diabetes mellitus (DM) a worldwide epidemic and major public health problems, started to intervene human's life centuries ago, and has created a crisis for the health care and society. The incidence and prevalence of diabetes is increasing by leaps and bounds, especially in developing and newly industrialized nations. This huge number signifies the perpetuation of diabetes mellitus, and the affected populations serve as a reservoir to the development of other associated diseases.

### **1.1 Diabetes Mellitus in Malaysia**

Diabetes Mellitus, a growing concern in Malaysia, is now back to the topic of discussion of the public. The number of people being diagnosed to have diabetes mellitus is increasing while complication rates and associated diseases amongst diabetics are significantly high. Over the years, the prevalence of diabetes mellitus in this country has also steadily increased with an estimate of 0.65% in 1960, to 2% in 1982. In the National Health and Morbidity Survey carried out in 1986, the prevalence of Diabetes Mellitus was estimated to be 6.3%. However, the Second National Health and Morbidity survey, which was carried out in year 1996, showed that the national prevalence of diabetes and Impaired Glucose Tolerance in Malaysia were 8.3% and 4.8% respectively. Based on the prevalence among adults aged 30 years and above, it is estimated that there is a total of between 700,000 to 900,000 persons with diabetes in 1999. This means there is approximately 8 diabetics in every 100 adults.