

**“KNOWLEDGE OF SELF-CARE AMONG TYPE 2 DIABETES
PATIENTS IN HOSPITAL UMUM SARAWAK, MALAYSIA”**



**DIPLOMA IN PHARMACY IN THE
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ABSTRACT

Background: Type 2 diabetes mellitus (T2DM) currently affecting 1 out of 5 adults aged 30 year-olds and above in Malaysia. Alarming, majority of patients could not achieve good blood sugar control. Diabetes self-care, an essential component in achieving good glycaemic control, urgently needed to be explored.

Objectives: The study aim to (1) assess diabetes self-care knowledge among individuals who were diagnosed with T2DM; (2) explore factors that can affect diabetes self-care knowledge; (3) determine the relationship of self-care knowledge with glycaemic control; (4) solicit patients' opinions on difficulties and helpful aspects in managing diabetes.

Methods: A cross-sectional survey was conducted for 3 months at out-patient pharmacy department of Hospital Umum Sarawak, Malaysia. Using pre-validated questionnaire, patients fulfilled study criteria were and consented to the study approached.

Results: A large proportion of the respondents (61.6%) scored low overall knowledge (i.e. less than 70%) and only 96 (38.4%) of the respondents had high knowledge (>70% and above) the most difficult aspect is control diet and in contrast with that statement goes for their opinion in managing their diet. A significant strong negative correlation between diabetes self-care knowledge and HbA1c ($r = -0.71, p = 0.008$). Likewise, a weak negative correlation between diabetes self-care knowledge and FBG was recorded ($r = -0.02, p = 0.008$).

Conclusion: The findings from this study suggested that most patients attending Hospital Umum Sarawak had low level of self-care knowledge, and do not aware about the benefits of self-care. Self-care knowledge no doubt is essential for patients with T2DM in sustaining daily life while maintaining good blood sugar control. Therefore, it is necessary for the health care authorities to promote appropriate educational strategies in empowering patients with proper diabetes self-care.

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