

**KNOWLEDGE OF SELF-CARE AMONG TYPE 2 DIABETES
PATIENTS IN HOSPITAL SEBERANG JAYA**



**DIPLOMA OF PHARMACY
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**Knowledge of Self-Care among Type 2 Diabetes Patients in Hospital Seberang
Jaya**

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ABSTRACT

Research background: Uncontrolled blood glucose in Type 2 diabetes mellitus (T2DM) is known to cause devastating complications such as blindness, kidney failure, cardiovascular diseases and lower limb amputation. Patient-driven self-care activities performed outside of clinic settings are essential to achieve good glycaemic control. To date, the extent of diabetes self-care knowledge among patients attending Hospital Seberang Jaya remains scarce.

Objective: The study aim is (1) To assess level of self-care knowledge among T2DM patients attending endocrinology clinic at Hospital Seberang Jaya. (2) To explore factors contributing to level of self-care knowledge among T2DM patients. (3) To determine the relationship of self-care knowledge with glycaemic control among T2DM patients.

Methodology: Cross-sectional survey with convenience sampling method was employed. Pre-validated questionnaires were distributed to patients waiting at outpatient pharmacy department. Respondents' total knowledge scores were calculated based on correct responses provided with more than 70% determined to be high self-care knowledge. Mann-Whitney U test, Kruskal Wallis test or Spearman's rho correlation test was used to explore factors affecting diabetes self-care knowledge scores.

Result: Majority patients have high knowledge level with majority of respondents (84.7%) scored a high (70% or over) overall self-care knowledge. The most difficult thing in managing their own disease been reviews through the patient option statement was the medication taking. diabetes self-care knowledge scores were significantly different with gender ($p = 0.011$), treatment with insulin injection ($p = 0.024$), education level ($p = 0.004$) and whether respondents had previously attended diabetes counselling ($p = 0.001$). We also observed significant correlation of knowledge scores with age ($r = -1.48$, $p = 0.032$) and duration of having diabetes ($r = -1.97$, $p = 0.04$). Accordingly, female patients were found to have better knowledge score [Median (Md) = 24] compared to male. Respondents' education level showed those from university/college scored highest knowledge score [Median (Md) = 25]. Respondents that recently has not treated with insulin injection were found to have better

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