

## THERAPEUTIC COMPLIANCE AMONG DIABETICS ATTENDING PRIMARY HEALTH CENTRE AT SORANCHERRY

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### Abstract

Diabetes mellitus is a universal health problem gaining an increase in the global prevalence. The present study aimed to assess the level of therapeutic compliance among diabetics attending primary health centre at Sorancherry. The results revealed that majority of diabetics had only moderate level of compliance to therapeutic regimen. The problem of non-compliance to therapeutic regimen demands greater attention from health care professionals.

**Key words:** Therapeutic compliance, Diabetics

### Introduction

Diabetes mellitus is a universal health problem gaining an increase in the global prevalence. According to WHO, India is likely to have 75 million diabetics by the year 2025, which is an important public health issue to be addressed. Diabetes is a disease with complex aetiologies which involves an interaction of endogenous and exogenous factors like age, heredity, race, infection, drugs, hormones, stress, nutritional status and lifestyle. The aim of this study is to assess the level of therapeutic compliance among diabetics attending primary health centre at Sorancherry.

### Need for the study

In this current computer era, even though majority of diabetics have access to various screening methods to rule out diabetes and anti-diabetic medications, which are provided, free of cost by all government hospitals, primary health centers and other medical college affiliated institutions, the level of compliance to therapeutic regimen for diabetes is still very low in our country. The reasons identified for poor compliance were illiteracy, low socio-economic status, lack of interest, lack of awareness on complications of uncontrolled diabetes and side effects of anti diabetic drugs.

### Statement of the problem

A study to assess the level of therapeutic compliance among diabetics attending out-patient department of primary health centre at Sorancherry.

### Objectives of the study

- Assess the level of therapeutic compliance among diabetics
- Associate the level of therapeutic compliance with selected demographic variables of diabetics.

### Methodology

Research design	:	Descriptive research design
Setting	:	Primary health centre at Sorancherry
Population	:	Diabetic patients
Sample	:	Diabetics attending out- patient department
Sample size	:	50
Sampling technique	:	Purposive sampling
Data analysis	:	Descriptive and inferential statistics

### Criteria for sample selection

#### Inclusion criteria

**Diabetics**

- attending out- patient department during data collection period
- who are able to speak and understand English and/or Tamil

**Exclusion criteria****Diabetics**

- not willing to participate in the study
- with any serious complications

**Description of the tool**

The tool consisted of two sections:

**Section A:** Background variables of the Diabetics which included the age, sex, income, occupation, education, Body mass index, duration of diabetics and treatment modality.

**Section B:** Consisted of DSMQ (Diabetes self-management questionnaire) with 16 items developed by Research institute of the diabetes academy. This questionnaire consisted of sub-components which includes glucose management, dietary control, physical activity and health care use. The responses were graded in four point Likert scale.

**Score interpretation:**

The maximum score was 48 and minimum score was 0 and higher points were indicative of more effective therapeutic compliance to diabetic treatment.

**Data collection procedure**

Official permission was obtained. The objective and the purpose of the study were explained and oral consent was obtained from each participant. The questionnaire was administered to the participants and the data were collected individually.

**Data analysis**

The collected data were analyzed using descriptive and inferential statistics.

**Table 1: Level of therapeutic compliance among diabetics (N= 50)**

Level of compliance	No	%	Mean Score- 30
Good compliance	10	20	SD-6.131
Moderate compliance	29	58	
Poor compliance	11	22	

**Major findings of the study**

- ❖ The study revealed that 56% of diabetics were in the age group of 46 – 60 years and 32% had no formal education.
- ❖ 30% of them were diabetic for a period of 1 to 3 years.
- ❖ 56% of them were on non-insulin medical therapy and 44% of them were overweight with regard to their BMI.
- ❖ Majority i.e. 58% of diabetics had moderate level of compliance and 22% of them had poor compliance to therapeutic regimen.
- ❖ The mean score of therapeutic compliance was 30 and SD was 6.131
- ❖ There was a significant association between duration of diabetes and level of therapeutic compliance among diabetics at  $p < 0.001$

## Conclusion

India is a rural country which has lots of problems relating to regular treatment and follow up care of patients with diabetes mellitus. The sickness rate and death rates due to uncontrolled diabetes and its micro and macro vascular complications are very high, which impose greater burden on families, society and nation as a whole. This problem of non-compliance to therapeutic regimen demands greater attention from health care professionals. Hence nursing community should concentrate in identifying the levels of therapeutic compliance among diabetics and should take all necessary measures to help diabetics to lead a physically and mentally healthy life.

## References

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