

PP 12: Knowledge, challenges, quality of life and their associated factors among adult patients with Type 1 diabetes attending National Diabetes Centre - Rajagiriya

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Introduction: Literature on type 1 diabetes mellitus (T1DM) and its effects on daily living, financial, educational, psychosocial challenges and quality of life is scarce in Sri Lanka.

Objectives: To describe the knowledge, challenges, quality of life and their associated factors among adult patients with T1DM attending National Diabetes Centre, Rajagiriya.

Method: A descriptive cross-sectional study was conducted among 228 patients with T1DM, on treatment for at least one year duration attending National Diabetic Centre, Rajagiriya. Self-administered questionnaires were circulated as google forms. Descriptive statistics was performed and analysed. $P < 0.05$ was taken as the significance level.

Results: Majority (70%) were between 18-27 years of age with mean age 25.54 years (SD=5.690). Age of disease onset was less than 15 years among 82% of patients. Mean Knowledge scores on insulin therapy, emergency management and chronic complications were 67.76 (SD=0.49), 42.92 (SD=0.5) and 81.49 (SD=0.5) respectively. Overall knowledge, knowledge on insulin therapy and acute complications were statistically significant among those better educated ($p < 0.05$). Majority (54.87%) had good quality of life. Majority encountered family issues (30.3%). Better quality of life was significantly associated with higher monthly income ($p < 0.05$)

Conclusions: Majority had satisfactory knowledge on insulin therapy and chronic complications but poor knowledge on acute complications. Those educated above O/L had better knowledge on insulin therapy and acute complications. Majority had good quality of life and those with higher income had a better quality of life.

Keywords: Type I Diabetes mellitus, adults, quality of life, knowledge, complications