

Populations knowledge of diabetes and the role of nutritional therapy in controlling the disease in Basrah city: A cross-sectional study of assessment

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Abstract

Introduction: Diabetes mellitus is a clinical syndrome of disturbed metabolism of carbohydrates, protein, and fat that are associated with hyperglycemia due to absolute or relative insulin deficiency. Worldwide, the incidence of diabetes has been increased. By the year 2030, over 347 million persons have diabetes. Nutrition therapy is an essential intervention of diabetes management. The prior concepts of diabetes management are to decrease microvascular and macrovascular disease risks complications, thereby decreasing mortality, and to improve quality of life. These goals can achieve by giving each patient knowledge and support, which consider the principal role of the health-care team. Our study was achieved to study the demographic aspects of diabetic patient's attitude and their knowledge of the role of nutritional therapy as new era in the management of diabetes.

Materials and Methods: All the screened populations were included in the study after getting their verbal consent. The questionnaire had 12 questions. Personal parameters of participants such as age, gender and family History of diabetes, response to knowledge and questionnaire attitudes. The questionnaires were distributed by the researchers to the participants and collected after completion. Uneducated participants were assisted by verbal interviews based on the questions in the questionnaire and the appropriate responses were recorded. **Results:** We studied 89 patients, of which 42.7% were male and 57.3% were female with a mean age of 45 years. About 25% of patients has positive family history; majority of participants (63%) does not know what diabetes is? About 63% of people believed that nowadays is more and more people are affected by diabetes. About 24% of patients knew that diabetes could be prevented by both diet and exercise. About 67% of patients believed that medication is more important than diet. **Conclusions:** The study reveals very less number of patients received patient education and counseling regarding disease, medication, and lifestyle modification for diabetic patients can greatly affect patient's outcomes. The study shows the need for educational and counseling programs aimed to improve the knowledge of diabetes.

Key words: Diabetes, patient counseling, quality of life, questionnaire

INTRODUCTION

Diabetes mellitus is a clinical syndrome of disturbed metabolism of carbohydrates, protein, and fat that are associated with hyperglycemia due to absolute or relative insulin deficiency.^[1] Deficiency of insulin secretions results in a significant disturbance of water and electrolyte homeostasis caused by improper metabolism of carbohydrate, protein, and fat.^[1] Worldwide, the incidence of diabetes has been increased. By the year 2030, over 347 million persons have diabetes.^[2] In 2009, 2.4 million people had diabetes and the number is

expected to increase by the year 2019 to reach 3.7 million in Canada.^[3] This may reflect the economic burden of diabetes in Canada, which expected to increase from \$6.3 billion in 2000 to reach \$16.9 billion by the year 2020.^[4] Nutrition therapy is an essential intervention of diabetes management.

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