Diabetic Health-Related Quality of Life From the Indian Patient's Perspective

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Purpose: India leads the world with deserving the dubious distinction of being termed the “Diabetes Capital of the World”. Between 5% and 10% of the nation’s health budget is expended on the prevention and treatment of diabetes. The burgeoning load of type 2 diabetes and its complications has a major impact on the HRQOL of diabetic patients in India. As an important outcome measure, HRQOL in various domain like energy and mobility, diabetes control, anxiety and worry, social burden and sexual functioning is useful in understanding the impact of the diseases from patients perspective. This study explored the perception of diabetic HRQOL of south-Indian diabetic patients and to develop strategies to improve their HRQOL based on the findings.

Methods: It was a cross-sectional descriptive quantitative study to describe the perception of HRQOL of south Indian diabetic patients in a tertiary care hospital in Chennai. Using simple random sampling method, data was collected from 352 diabetic patients during June to August 2017 based on the inclusion criteria. Data was collected with the help of Diabetes-39 questionnaire which is a valid and reliable tool to assess HRQOL.

Results: Findings of the study revealed that South Indian diabetic patients perceived a poor HRQOL. The mean and SD and the median of the five domains of D39 were as follows; energy and mobility domain as perceived by the diabetic patients were 72.25 ± 9.943, Md=73.63, diabetes control domain 71.05 ± 9.863, Md=71.40, anxiety and worry domain 71.87 ± 11.405, Md=71.40, social burden domain 68.74 ± 11.048, Md=67.21, and sexual functioning domain 63.80 ± 14.920, Md=59.50. And the mean and SD of the total HRQOL scores of the participants were 69.49 ± 9.382, Md=70.01. Female gender, increasing age, lower educational level, non-vegetarian dietary behaviors, uncontrolled hypertension and blood glucose levels were associated with the perception of lower levels of HRQOL of diabetic patients.

Conclusion: Promoting self-care management among Type 2 Diabetes Mellitus patient is believed to play an important role in glycemic control and prevention of disease related complication, thereby achieving better HRQOL. Strategies like self-management education and self-management support were recommended to the HRQOL of T2DM patients in India.

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Keywords:
HRQOL, Perspectives and Type 2 diabetes
Abstract Summary:
This presentation is about the impact of diabetes on south-Indian diabetic patients and the strategies to improve their health-related quality of life are also recommended.

References:

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Author Summary: Engaging Nursing Lecturer effectively conveying nursing concepts and procedures in laboratory and clinical settings. Committed to incorporating knowledge gathered from ongoing research to educate students in nursing concepts. Performing professional nursing work and knowledgeable in best practices in teaching, simulation training, integration of technology and clinical supervision and evaluation. Has membership in many professional bodies. Has attended many international conferences and presented papers. Has published more than 10 articles in peer reviewed journals.