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Evaluation of the status of the care provided in the diabetes treatment centers of Ahvaz (a city in southwest Iran)

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Background & Aim: Diabetes is the most common metabolic disease in the world that in the absence of appropriate controls it could result in significant morbidity and mortality. Appropriate Blood sugar controlling measures could reduce or delay the onset and progression of diabetes complications. Considering the importance of providing cares for diabetic patients that has been implied by the American Diabetes Association, this study was conducted to check the status of the diabetes cares provided in the Ahvaz diabetes clinics.

Methods: This cross-sectional study was conducted by convenient sampling method on 296 diabetic patients referred to the diabetes clinics in the Ahvaz. Data was collected from patients through questionnaires, medical records and blood A1C hemoglobin measurement through a blood test. Data was analyzed using SPSS software (version 21) with a significance level of less than 0.05 and descriptive statistics, paired t-test and chi-square.

Results: The results showed that the majority of patients (70.9%) were women in the age range of 80-56 years (76.8%). A large percentage (79%) of patient has high blood pressure but only 45.3% of them were taking ASA. The 83.8% of people has high blood fat and most of them (66.8%) had non-standard hemoglobin A1C. The annual examination of the heart (ECG) and eye exams was done in 70.9% and 82.4% of patients, respectively. But a small percentage of patients, 18.2% and 29%, respectively, underwent neurological examination and foot examination. Kidney tests and measurement of blood fat and blood were done in 82.4%, 98.6% and 89.9% of patients, respectively.

Conclusion: Despite the desirability of the care provided in most cases and their compliance with the international standards of American Diabetes Association, we see lacks of proper control of blood glucose in these patients. As a result, the evaluation of the quality of cares provided at the national level, introducing appropriate solutions, as well as relying on the necessity of patient and health workers adherence with the medical cares are suggested to improvement of the health status of individuals.

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