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Predictors of health outcome among patients with type-2 diabetes mellitus

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Diabetes mellitus is a common chronic condition almost worldwide. The management of this disease is a lifelong care with complex course of therapy which requires thorough understanding of the disease and adherence to treatment regimen. However, diabetes mellitus remains to be a major public health challenge worldwide. The study examined the factors that predict the health outcomes among patients with type-2 diabetes mellitus utilizing a descriptive-analytical design. The study was composed of 128 patients who were 18 years old and above, diagnosed at least a year with type-2 diabetes mellitus, no previous surgeries or hospitalization, independent and with little assistance in self-care activities, able to read, understand and sign informed consent, lives in a home setting and currently on an outpatient status. Most of the patients were 60 years and above and were females with vocational education, married, retired, with more than 16 years of diagnosis, with perceived good health status, mostly weighing below 50 kilograms and were within the 1.54 to 1.69 meters of height range. In terms of treatments as perceived barriers to action, 60 patients (46.88%) agreed that there are too many treatments to manage. Most patients considered situational influences a moderate problem. The adherence level to health-promoting behaviors of the patients was rated good. The health outcomes of the patients in terms of body mass index, lipid profile, fasting blood sugar and glycosylated hemoglobin A1C had normal results. Sex and weight were predictors of health outcomes for body mass index. Weight was a predictor of health outcomes for lipid profile. Dietary behavior, civil status and weight predicted the health outcomes for glycosylated hemoglobin A1C.

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