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Factors influencing adherence to hygiene and dietary rules in subjects with diabetes in Essaouira province (Morocco)

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Diabetes is a chronic disease whose treatment is based on both drug therapy and hygiene and dietary rules. However, the observance of these rules remains difficult to apply. The objective of this study is to determine the factors that influence the adherence to dietary and hygiene rules in diabetic subjects in the province of Essaouira (Morocco). A cross-sectional survey was conducted with 155 diabetic subjects in Essaouira province who attended Mogador association for diabetes. Subjects were subjected to a structured interview on socio-economic characteristics and follow-up of hygiene and dietary rules. 79.4% of our sample are women and 20.6% are men. The analysis of the results reveals that 84.4% among these men practice a regular physical activity compared to 72.4%

of women. Almost two-thirds (62%) of all respondents had never attended school. 23.7% of them reported consuming foods with a high glycemic index (white flour, potatoes, cooked carrots, banana), compared to only 10% of educated subjects. Almost all single subjects aged 30 to 50; do not respect meal times, while 86.7% of married subjects eat at set times. Overall, only about 29% of the interviewees followed all hygiene and dietary rules well. The observance of these rules is also influenced by subject factors: personal motivation, family support. Several factors influence significantly the adherence to hygiene and dietary rules in diabetic subjects. The identification of these factors would allow healthcare professionals to adapt and simplify disease management.

Biography

Khaoula Houguig is a school teacher of natural and life sciences since September 2013, she obtained her master degree in microbiological quality and safety from the Faculty of Sciences Rabat Agdal (Mohammed 5 University –Morocco-) in June 2009. Currently, she is preparing her PhD degree in Public health at the Faculty of Sciences Semlalia (Cadi Ayyad University), under the direction of Professor Samia Rkha and Professor Nadia Ouzennou. Her research interests include the lifestyle of diabetics, specifically the commitment of diabetics to hygiene and dietary rules.

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