

# Research Journal of Pharmaceutical, Biological and Chemical Sciences

## A Study To Assess The Level Of Knowledge On Control And Preventive Measures Of Diabetes Mellitus Among Above 30 Years People In Sree Balaji Medical College And Hospital At Chrompet, Chennai, Tamil Nadu, India.

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### ABSTRACT

Diabetes can be life threatening. In adult population of the United States diabetes is the seventh leading cause of death. In a major risk factor for morbidity and mortality due to the coronary disease and cerebrovascular disease complication of diabetes mellitus.. Advance with methods for self-monitoring of blood glucose levels, improved medication and the formation of improved nutrition, diet and exercise guidance are contribute to prolonging the life and improving the quality of diabetic client. A non experimental approach study was used to assess the knowledge regarding control and preventive measures of diabetes mellitus in selected area (Hospital) in which 30 convenient samples were taken and the samples were personally explained about the procedure and the purpose of the study. Questionnaire was prepared and individuals were interviewed after obtaining there after it was analyses. It was concluded that 17(57%) person had inadequate knowledge about control and preventive measures of diabetes mellitus.11 (37%) people had moderate knowledge.2(6%) of them had adequate knowledge about control and preventive measures of diabetes mellitus.

**Keywords:** Knowledge, Control, Preventive measures, Diabetes mellitus

<https://doi.org/10.33887/rjpbcs/2019.10.4.30>

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### INTRODUCTION

Diabetic mellitus is a group of metabolic disease characterized by the elevated levels of glucose in the blood (hyperglycaemia) resulting from defects in insulin secretion, insulin action or both. Insulin, a hormone produced by the pancreas controls the level of glucose in the blood by regulating the production and storage of glucose. In the diabetic state, the cells may stop responding to insulin or the pancreas may stop producing insulin entirely. This leads to hyperglycaemia which may result in acute metabolic complications such as diabetic ketoacidosis and hyperglycaemia hyperosmolar nonketotic syndrome. Long term effects of hyperglycaemia contribute to various complications [1-8].

#### Objectives Of The Study

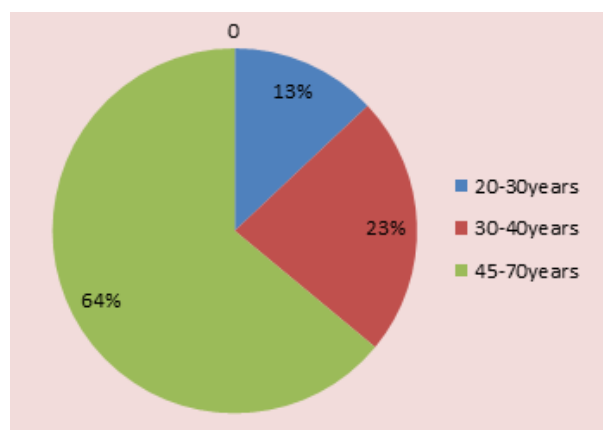
- To assess the knowledge of client with diabetes mellitus.
- To assess the demographic variables.
- To compare the knowledge with demographic variables.

### MATERIALS AND METHODS

A non experimental approach study was used to assess the knowledge regarding control and preventive measures of diabetes mellitus in selected area (Hospital) in which 30 convenient samples were taken and the samples were personally explained about the procedure and the purpose of the study. Questionnaire was prepared and individuals were interviewed after obtaining there after it was analyses

### RESULT AND ANALYSIS

Figure 1: Percentage Distribution Of Age



The above figure presents the age wise distribution. Majority of them belong to the group of 45-70years 19(64) %. And the age group30-40years 7(23%), 20-30years were 4(13) %.

Table No: 1 Percentage Distribution Of Level Of Knowledge Regarding Control And Preventive Measures Of Diabetes Mellitus

S.NO	Level of knowledge	No of people	Percentage
1	Inadequate	17	57%
2	Moderate	11	37%
3	Adequate	2	6%

## CONCLUSION

Majority 19(64%) of them were belongs to the age group of 45-70years, of them age between is 30-45 years, 4(13%) were between 20-30 years. Majority of them belongs to females 22(73%), 22(27%) of them belongs to males. Majority of them had only primary education 10(34%), Secondary education 9(30%) Literature 6(20%) Graduate 5(16%).Majority of them other works 22%), 4(13%) Government, 2(7%) were private and 2(7%) were coolie.17(57%) person had inadequate knowledge about control and preventive measures of diabetes mellitus.11(37%) people had moderate knowledge.2(6%) of them had adequate knowledge about control and preventive measures of diabetes mellitus.

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