ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICE TOWARDS INSULIN SELF-ADMINISTRATION AND ASSOCIATED FACTORS AMONG DIABETIC PATIENTS AT SELECTED HOSPITALS OF KASHMIR.

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ABSTRACT Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces A descriptive and cross-sectional study conducted on 60 diabetic mellitus patients from GMC Anantnag using non probability consecutive sampling technique. Data was collected using standardized tool (knowledge questionnaire, attitude scale, practice questionnaire and factors associated with knowledge) after proper permission. The data obtained was analyzed in terms of objectives of the study by descriptive and inferential statistics. Among 60 patients enrolled, 55% were male and 50% of the patients had no formal education. The overall patients' knowledge was 57.05%. Better knowledge was observed regarding storage of insulin (86.7%) and timing of insulin injection (83.3%), while knowledge on the angle of inclination during insulin administration (30%) and knowledge of massage after injection (35%) was low. Although, 23(38.3%) of the study patients had administered insulin themselves, only 18(30%) of the patients injected insulin appropriately at 45o. Frequent repetition of the injection site was practiced among 35(58.3%) patients and 50(83.3%) injected insulin before or immediately after food intake. Patient that answered 9–13(40%) correct responses from the 13 questions had good knowledge. Patient that answered 5–8 (46.7%) correct responses. Patient that answered 0–4 (13.3%) correct responses. Patient who answered 3 (68.7%) positive responses from 5 questions had favorable attitude. Practice was assessed by using 6 questions that explored participants' experience with insulin utilization. Patients admitted in GMC Anantnag have average knowledge regarding self-administration of insulin injection. Also, there is positive attitude of patients regarding self-administration of insulin injection. This study also revealed that there is no significant association between levels of knowledge with selected demographic variables such as gender, marital status, occupation and education.

INTRODUCTION

Diabetes is an endocrine disorder, characterized by hyperglycemia that is, high blood sugar levels. This is caused due to a relative or absolute insulin deficiency, a hormone produced by the pancreas. Lack of insulin, either relative or absolute affects metabolism or breakdown of carbohydrates, proteins, fat, water and electrolytes leading to an accumulation of glucose in the blood. Diabetes mellitus is commonly divided into two main categories namely Type 1 diabetes and Type 2 diabetes. There are several alternative ways to administer insulin, such as jet injectors that deliver the drug as a thin stream directly into the skin. There are a number of pen-like devices and insulin-containing cartridges available that are simple to use, more accurate, and more practical. There are a number of innovative insulin administration methods being developed that could do away with the requirement for introduction with a needle. This includes insulin pumps, insulin inhalers. Preliminary studies have shown very promising results but they are not yet available in India.

Objectives

1. To assess the knowledge of patients regarding self-administration of insulin injection.
2. To assess the attitude of patients regarding self-administration of insulin injection.
3. To assess the practice of patients regarding self -administration of insulin injection.
4. To associate knowledge of diabetic patients with their selected socio demographic variables.

METHODOLOGY

The present study was conducted under the following headings:

Research Approach: the approach selected for present study was quantitative approach.

Research Design: The research design used for the present study was descriptive and cross-sectional in nature

Variables Under Study:

Research Variables: Knowledge, attitude and practice of diabetes mellitus patients regarding self-administration of insulin injection.

Demographic Variables:

- Age
- Gender
- Education of the participant
- Occupation of the participant
- Religion
- Marital status
- Monthly family income
- Duration since diagnosis of diabetes mellitus
- Actual number of years on insulin therapy
- Family history of diabetes

Setting of the Study: Setting of this particular study was ward and OPD of Government Medical College Anantnag.

Population for the Study: The target population for the present study includes the diabetes mellitus patients who were on insulin therapy and who were aged between 30-70 years and those who were admitted in the wards and attended OPD services in Government Medical College Anantnag.