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The impact of type 2 diabetes mellitus on quality of life

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Background: Diabetes mellitus (DM) continues to be a global health problem with increasing importance across the world by affecting the activities of daily living and self-care ability of patients' due to its incidence and troubles caused by it.

Objective: To assess the impact of type 2 DM on their self-care agency.

Method: This descriptive study consisted of patients with type 2 DM who were being treated at three specialized diabetic centers of state hospitals within Western Province between May 2019 and November 2019 was conducted and its sample consisted of 136 diabetes patients. For data collection, two instruments were used: one structured (Sociodemographic and Clinical variables) and the WHOQOL-BREF (Generic English Version) which consists of four domains; Physical (D1), Psychological (D2), Social (D3), Environmental (D4). Transformed scores were used for statistical analyses in all domains and the level of significance was set at $p < 0.05$ for all analyses.

Results: Most were females (74.3%). The mean age of patients was 62.1 ± 10.3 years. On average the sample had diabetes for 12 years which ranged from 1-38 years. From WHOQOL-BREF, D1 fared the worst with the least mean score (59.1 ± 13.1), and the D2 and D4 aspect were relatively better. The overall quality of life (QoL) was strongly associated with all domains except D1. The age and duration of disease were negatively correlated with all four domains. Using total mean domain scores, found 50.7% (69) had fair (40-60) QoL, while 26.5% (36) and 22.8% (31) had poor (<40) and good (>60) QoL respectively.

Conclusion: This study demonstrates the impact of type 2 DM on the functional status of individuals, particularly with health status. The personal and disease-related characteristics of patients should be identified more so that their self-care behaviors can be increased.

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