

Knowledge Regarding Lifestyle Modification of Diabetes Mellitus among Diabetic Patients Attending Diabetic Clinic of Selected Hospital, Kolkata, West Bengal

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Abstract

Introduction: Diabetes mellitus is a metabolic disease that create several burdens for health care system. It is increasing rapidly. Diabetes mellitus is a major public health issue in India, with lifestyle modifications forming a critical component of effective disease management. Despite medical advancements, patient knowledge regarding lifestyle practices remains a challenge.

Methods: A cross-sectional descriptive study was conducted using a structured questionnaire among patients with diabetes mellitus attending the diabetic clinic, Kolkata, West Bengal.

The data were analysed by descriptive statistics (mean, median, mode, standard deviation) and association calculated by inferential statistics (independent t-test).

Results: Findings indicated moderate overall knowledge regarding dietary practices, 28.8% participants had knowledge about consumption of whole grain, 55% had knowledge about portion control. There was lower awareness regarding physical activity and stress management. 25.8% participants had knowledge about causes of hypoglycemia. The mean knowledge score ($M = 54.9$ and $SD = 10.6$). Education level, and duration of diabetes were significantly associated with knowledge levels and the p value is 0.403.

Discussion: Present study highlighted that there was moderate knowledge regarding diabetes mellitus but insufficient idea regarding life style modification. Steps like awareness campaigns, routine health education during visits in out-patient department, individual counselling and family involvement can improve knowledge of lifestyle modification. Thus, influencing people to practice lifestyle modification and improve the overall outcome of the disease.

Conclusion: Assessment of knowledge, showed a poor understanding of lifestyle modification and its aspects, among patients of diabetes mellitus. There is a pressing need of the hour to integrate structured lifestyle related education with routine outpatient care in cases of diabetes mellitus. Preparation of instructional module and tailored nurse-led interventions can significantly enhance patient's knowledge and promote healthier lifestyle practices.

Keywords

Diabetes mellitus, Outpatient department, Lifestyle modification, Patient knowledge.