

Assessment of Life Style Modifications among Diabetes Patients Attending Primary Medical Care Unit, Yatiyana, Matara

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Introduction: Diabetes mellitus is a major non-communicable metabolic disorder worldwide. With the sedentary life style, prevalence of diabetes is rapidly increasing. Diabetes Mellitus is not curable but can be controlled with diet, lifestyle modifications and drugs. This research study helps to assess socio-demographic factors and life style modifications among diabetes patients attending Primary Medical Care Unit, Yatiyana, Matara.

Materials and Methods: A descriptive cross-sectional study was carried out among 330 diabetes patient attending Primary Medical Care Unit, Yatiyana, Matara. The basic socio-demographic and life style modifications were assessed via interviewer administered questionnaire. Data was analyzed by using SPSS windows version 16.0.

Results: The mean age was 66.45 ± 11.92 with majority being more than 60 years old. Majority of study population (57.3%) were females, married (75.8%) and were unemployed (51.8%), and had good glycemc control (FBS of 80-120 mg/dL). There were only (89) 27% who followed diet control and only (14) 4.2% who had regular exercises. But majority of total population (69.1%) had adhered to the medications and 63.9% had attended diabetic clinic regularly.

Discussion: Lifestyle modifications can be a very effective way to keep diabetes in control. Improved blood sugar control can slow the progression of long-term complications. But diabetic patients in the current study have not adhered to the diet and not regularly carried out exercise; despite they had good glycemc control. This study showed that life style modifications are not satisfactory when compared with medication and clinic attendance. Therefore healthcare professionals should pay extra attention in educating the patients in this regard.

Keywords: Diabetes mellitus, Lifestyle modifications, Primary Medical Care Unit in Yatiyana, Diet control, Exercise

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