

2nd NATIONAL DIABETES CONFERENCE 2011

Managing Diabetes - Working together to make a difference

8th – 10th JULY 2011

Pan Pacific Kuala Lumpur
International Airport Hotel

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Malaysia

POSTER PRESENTATION

Date : 8th -9th July 2011 (Friday – Saturday)
Venue : Foyer, Lower Lobby, Crowne Plaza Mutiara Kuala Lumpur.

PP-001

Why Are Patients Hesitant to Start Insulin? Healthcare Professionals' Views.

Lee Ping Yein, Lee Yew Kong, Syahidatul Azmi, Ng Chirk Jenn

Abstract:

Objectives: To explore the healthcare professionals' views on the barriers faced by patients with type 2 diabetes who are making a decision to start insulin.

Methods: In depth interviews and focus group discussions were conducted in Klang Valley and Seremban in 2010-11. Healthcare professionals consisting of general practitioners (n=11), medical officers (n=8), diabetes nurses (n=3), government policy makers (n=1), family medicine specialists (n=1) and endocrinologists (n=2) were interviewed. A topic guide was used to guide the interviews which explored healthcare professional's views about patients' barriers. The interviews were transcribed verbatim and analysed using Nvivo9 software using a grounded theory approach.

Results and Conclusion: The participants highlighted a range of barriers faced by patients when starting insulin. Hypoglycaemia and weight gain were the two most worrying side effects for patients. The lack of knowledge and self-efficacy caused misconceptions about insulin therapy. Patients' perceived insulin therapy as addictive, lethal, complex and possessed numerous negative effects. Patients also perceived insulin treatment therapy as inconvenient and interfered with their lifestyle. Conflicting information given by healthcare professionals, peers and media tended to delay patients' decision in starting insulin. Furthermore, emotional factors such as patients' denial, fear of needles and pain are deterrents to insulin initiation.

Patients' fear of side effects, lack of knowledge and self-efficacy, negative perceptions and emotions influence their decision to start insulin. Healthcare professionals must address these patient decisional barriers during the consultation.

PP-002

Risk Factors Associated with Macrovascular complications among Type 2 Diabetes Patients at Tertiary centre in Malaysia

Ayman S. Abougambou, Salwa Selim Ibrahim, Syed Azhar Syed Sulaiman

Abstract: Background and objective: Cardiovascular disease (CVD) is the major cause of morbidity and mortality for type 2 diabetic patients in the world. The objective of this study is to evaluate the prevalence and to determine risk factors related to macrovascular complications among type 2 diabetes outpatients.

Subjects and methods: The study design was observational prospective longitudinal follow-up study, the study was conducted with sample of 1077 type2 diabetes mellitus outpatient recruited via attended the diabetes centers at Hospital Universiti Sains Malaysia (HUSM) in Kelantan. Logistic regression analysis was used to assess the independent variables that affect the development of macrovascular complications.

Results: The prevalence of macrovascular complications was 17.5%. Statistical analysis by performing the logistic regression was done to determine the risk factors. The findings from this study indicated that the factors affecting macrovascular complications are age (OR = 1.12), education level (OR = 2.17), BMI (OR = 1.20), waist circumference (OR = 1.11), antidiabetic medications, diastolic BP at the second visit (OR = 1.02), and total cholesterol level at the second visit (OR = 1.42).

Conclusion: The progression of macrovascular complications are been influenced by seven independent risk factors such as age, education level, BMI, WC, antidiabetic medications, total cholesterol, and diastolic blood pressure. Diabetic macrovascular is a serious diabetic complication and public health strategies are required in order to reduce its risk factors and decrease its prevalence.

Key words: Type 2 Diabetes mellitus, Macrovascular complications, Risk factors.