

## ABSTRACT

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**Objective:** To assess the quality of care received by the diabetes mellitus patients attending medical and diabetic clinics at National Hospital Sri Lanka.

**Design:** This was a hospital based descriptive cross sectional study carried out in the diabetic and medical clinics at National Hospital Sri Lanka. Data from a systematic sample of 512 patients were collected. Main outcome measures were patients' knowledge about diabetes and its complications, therapeutic and patient care procedures in terms of HbA<sub>1c</sub> level assessment, FBS and PPBS assessment, lipid level assessment, follow up clinic visits, annual screening, and prevention of complication in diabetic patient and compliance of diabetic patient to drug treatment. Data collected from the two clinics were compared and adherence to the diabetes national and international guidelines was evaluated.

**Results:** There was no statistically significant difference ( $p > 0.05$ ) found in the composite knowledge score about disease and complications in-between the clinics. HbA<sub>1c</sub> levels were ever done only in 3.7% (n=19) subjects. Out of the sample 43.4% (n=222) had a fasting blood sugar value less than 110 mg/dl. During the last year, 42.3% (n=69) lipid profiles were done in the medical clinics while 22.3% (n=78) lipid profiles were done in the diabetic clinic ( $p < 0.05$ ). Out of all lipid profiles done in the last year, 88.5% (n=69) in the diabetic clinic and 76.8% (n=53) in the medical clinics were found to be abnormal ( $p > 0.05$ ). In follow up clinic visits weighing was done in 52.1% (n=182) in the diabetic clinic and only 1.2% (n=2) in medical clinics ( $p < 0.05$ ). Foot examination was done in 22.1% (n=77) of the subjects in the diabetic clinic

compared to 3.7% (n=6) in the medical clinics ( $p < 0.05$ ). All the annual screening indices such as BMI, Fundoscopy, presence of proteinuria and Serum creatine had been done in a higher proportions in the diabetic clinic than the medical clinics. All the differences found in the proportions between the two clinics were statistically significant ( $p < 0.05$ ). Out of the patients with BP  $\geq$  130/80 mmHg, 98% (n=146) in diabetic clinic and 91.7% (n=55) in medical clinics were on Aspirin ( $p < 0.05$ ). The current study found, 41.8% (n=146) in the diabetic clinic and 48.5% (n=79) in the medical clinics had discontinued any of the diabetic drugs without medical advise prescribed to them in the last clinic visit ( $p > 0.05$ ).

**Conclusions:** Patient' knowledge about diabetes was poor on aspects such as curability of the disease, importance of diet and exercise and symptoms of hypo and hyperglycaemia. HbA1c levels, FBS, PPBS, Lipid profiles and Blood pressure values did not meet the guideline recommendations irrespective of the clinic. Patient compliance was not satisfactory in both clinics.