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**KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING DIABETES MELLITUS
AMONG DIABETIC AND NON-DIABETIC POPULATION**

Ibe Chinazaekpere C., Onyeka Emmanuel C.

Supervisor: PhD, Associate Professor E. G. Malaeva

**Educational institution
«Gomel State Medical University»
Gomel, Republic of Belarus**

Introduction

Diabetes mellitus (DM) is a group of metabolic disorders characterized by a high blood sugar level over a prolonged period of time. The prevalence of diabetes is increasing worldwide due to change in lifestyle and growing number of aging populations. The problem of DM is further expanded due to ignorance and lack of knowledge. DM can play the vital role in the course of morbidity and mortality through continued clinical consequence and mortality from the effect on kidney, cardiac functions, renal failure, visual impairments and blindness. Knowledge is the awareness of the community about DM. It is measured by calculating the average score of different items categorized as knowledgeable or not knowledgeable. Attitude is the way a community thinks and behaves toward DM. Good attitude or poor attitude. Practice is the habitual community involvement to prevent DM. Good practice or poor practice.

Purpose

The purpose of this review was to explore knowledge, attitude and practice (KAP) regarding diabetes mellitus (DM) among non-diabetic (non-DM) population and diabetes mellitus (DM) patients, identify the group that needs more education and insight on DM.

Materials and methods

Various medical databases including MEDLINE, PubMed, ResearchGate, medical journals and google were searched systematically to identify the articles pertaining to KAP in diabetic and non-diabetic patients on DM.

Research results and discussion

In a cross-sectional study conducted by Kassahun, C.W et al on knowledge, attitude, practice and their associated factors towards diabetes mellitus among non-diabetes community members of Bale zone administrative towns South East Ethiopia (2017), the study showed that more than 50 % of the participants were knowledgeable (52.5 %), had a good attitude (55.9 %) and practice (56.6 %) towards DM. 52.5 % of participants in this study were knowledgeable towards DM. Control and management (52.5 %) and its complication (51.5 %). The study also showed that 55.9 % had good attitude towards DM. Participants who had ever heard of DM had 4 times an increase in their knowledge level compared to subjects who did not hear before. Good attitude was observed 5 times more in students, 3 times more in government and private employees and 2 times more in merchants as compared to house wives. Being knowledgeable about DM had 3 times in their positive attitude level about DM compared to those who were not knowledgeable.

In a study by Fatema K et al on the knowledge attitude and practice regarding diabetes mellitus among Nondiabetic and diabetic study participants in Bangladesh (2017), it showed the proportion of poor, average and good knowledge scores among T2DM subjects were 17; 68; 15 % respectively. Attitude scores were 23; 67 and 10 % respectively. The KAP regarding DM was found to be better among people who were living with DM compared to their counterparts. DM males showed better knowledge and practice regarding DM compared to non-DM counterparts. Females showed better attitude score compared to males. Overall KAP were found to be significantly higher in middle age (31–50) participants in each group. Participants from urban residents, high educational background and upper socioeconomic class demonstrated a significantly higher score in terms of KAP in both non-DM and T2DM

groups. On linear regression analysis, knowledge scores correlated strongly with education, income, residence, diabetic state, BMI and attitude.

In another study on Knowledge, Attitude and Practice of Type 2 Diabetic Patients Visiting Diabetic OPD of TUTH and Non-Diabetic Population of Kathmandu by Sapkota Yogita (2018), the KAP of participants were assessed 60; 70 and 47.8 % of the diabetic participants had good KAP scores respectively. A significant relationship existed between total KAP score and education level of the patient and with physical activity level of the patient. No significant relationship between total KAP score and age group and genetic history of patient. 40; 73.3 and 51.1 % of the non-diabetic participants had good KAP score respectively. There was a significant difference between the mean knowledge score of diabetic and non-diabetic group and a significant difference between mean attitude score of diabetic and non-diabetic group. The study revealed a good level of knowledge and attitude but poor level of practice score in the diabetic populations and a poor level of knowledge and practice score but a good level of attitude score of the non-diabetic population was explored.

In a study conducted by Alzahrani Salem et al on the knowledge, Attitude, and Practice Regarding Diabetes Mellitus among General Public and Diabetic Patients in Riyadh, Saudi Arabia (2018), the participants' knowledge was assessed based on their understanding of DM, which included the causes, risk factors, symptoms, complications, and treatment options. They also concluded that the difference in the knowledge levels among all participants was directly related to the level of literacy, level of training received and availability of information on diabetes. Male respondents had a higher score in knowledge as well attitude while the practice scores were higher for female: that indicated a disciplined and coordinated effort from the female cohort in preventing menace of DM despite possessing a low knowledge. Even though the majority (>75 %) had either moderate or good knowledge, it was not reflected on their attitudes (46 %) and practices (43 %).

Conclusion

General public and patients should be well educated on the basic pathogenesis of diabetes, risk factors and complications so as to be sure they have good knowledge which will in turn improve their attitude and practice regarding diabetes. Health literacy, counselling and education program should be made readily accessible to the general population and in-patients.

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EVALUATING THE CAUSES, SYMPTOMS AND THE RISK OF STROKE IN BELARUSIAN PATIENTS, WITH ATRIAL FIBRILLATION

Karunakaran Naresh

**Scientific supervisors: PhD, Associate prof. Malaeva Catherina G.
and Assistant prof. Yarmolenko Olga A.**

**Educational institution
«Gomel State Medical University»
Gomel, Republic of Belarus**

Introduction

Atrial fibrillation (Afib) is the most common sustained cardiac arrhythmia, it's characterized by rapid and irregular beating of the atrial chambers of the heart, sometimes episodes