

A Descriptive Study to Assess the Knowledge Regarding Home Remedies of Diabetes Mellitus Among Diabetic Patients and Their Family Members in Gandhi Nagar, Bhopal

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ABSTRACT

Diabetes is fast gaining the status of potential epidemic leading/positioning the Indian at the top of the world in terms of highest number of diabetic populations.

Objective of the study

1. To assess the knowledge regarding dietary management for diabetes among the patient and family member.
2. To association between the level of knowledge regarding home remedies of diabetes mellitus among diabetic patient and their family member with their selected demographic variables.

Hypothesis: (H₀)- There will not be significant association between the level of knowledge regarding dietary management of diabetic mellitus among diabetic patient with their family member with their selected demographic variable.

(H₁)-There will be significant association between the level of knowledge regarding dietary management of diabetic mellitus among diabetic patient with their family member with them selected demographic variable.

Methodology: A Descriptive research study was done using convenient sampling technique in a sample of 100 people. Chi-square test was used to see the association.

Result: Highest of the sample 53(53%) were found 36-45 years of age. Majority of the sample 66 (66%) were found female. Almost of the sample 85 (85%) were found Hindu. Highest of the sample 33(33%) were found higher secondary school. Highest of the sample 49 (49%) were found joint family. The statistical analysis of level of knowledge 9(9%) had adequate knowledge, 55(55%) had moderately adequate knowledge, 36(36%) had inadequate knowledge. Majority of the respondents were in the group of adequate knowledge.

Conclusion: The major finding of the study more than half of the sample belongs to moderate knowledge (55%), Inadequate knowledge (36%) and adequate knowledge (9%) case is found in Gandhi Nagar, Bhopal.

Keywords: Assess, Knowledge, Dietary Management, Diabetes Mellitus, Patient, Family.

INTRODUCTION

Diabetes Mellitus is a heterogeneous group of disease characterized by chronic elevation of glucose in the blood. It arises because the body is unable to produce enough insulin for its own needs, either because of impaired insulin action or both.

Diabetes affects some 300 million people worldwide and is on the increase. Chronic exposure to high blood glucose is a leading cause of renal failure, visual loss and range of other types of tissues damage. ¹

Diabetes is an important growing health problem. Currently there are 151 million people worldwide suffering from diabetes, but only 50 million of them are aware of it WHO estimated that by 2025, the number of diabetics will reach 300 million and every 40 seconds a new case is diagnosed. Out of those 300 million people with diabetes, 76% will be living under developed countries. India had approximately 327 million diabetic patients. According to endocrinologist “G.R Fulcher” by 2025 diabetes in India will increase by 59% compared to 42% in other Asian countries. ²

The prevalence of diabetes is increasing and is predicted there by the year 2010. The global population of NIDDM will be 239.3 million and IDDM will be 23.7 million and 1 out of 5 diabetic patients will be an Indian. Among India, every 4th person is a diabetic and every second Indian is threatened by it. ³

OBEJECTIVES:

1. To assess the knowledge regarding dietary management for diabetic patient among the patient and family member.
2. To association between the level of knowledge regarding home remedies of diabetes mellitus among diabetic patient and their family member with their selected demographic variables.

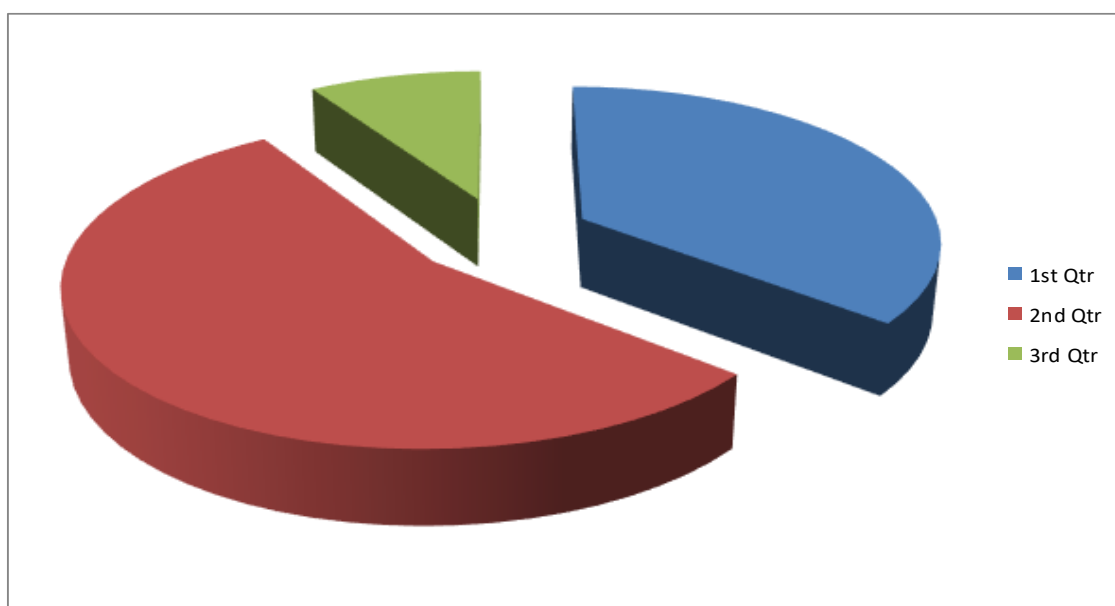
MATERIALS & METHODS

Descriptive research design and Quantitative research approach used for the research study. Random probability sampling technique used. The samples were diabetic patients and their family members. Sample size was 100. The study was conducted at Gandhi Nagar, Bhopal.

STATISTICAL ANALYSIS

SECTION A: Description of the knowledge regarding home remedies of diabetic patients among the patient and family members.

SN	LEVEL OF KNOWLEDGE	FREQUENCY	PERCENTAGE
1	INADEQUATE KNOWLEDGE	36	36 %
2	MODERATE KNOWLEDGE	55	55 %
3	ADEQUATE KNOWLEDGE	9	9 %



SECTION B: Significant association between the level of knowledge regarding home remedies of diabetes mellitus among diabetic patient and their family member with their selected demographic variables.

SN	Demographic Variables		Inadequate	Moderate	Adequate	df	X ²
1	Age	a) Min 25 yrs	4	2	0	6	10.66 NS
		b) 25-35 yrs	4	4	3		
		c) 36-45 yrs	17	34	2		
		d) 46 above	11	16	3		
2	Gender	a) Female	13	19	2	2	14.22 NS*
		b) Male	22	37	7		
		c) Other	-	-	-		
3	Religion	a) Hindu	28	48	9	6	4.35 NS
		b) Muslim	7	6	0		
		c) Christian	1	1	0		
		d) Other	0	0	0		
4	Education	a) Illiterate	7	5	2	6	27.86 NS*
		b) Primary education	12	20	0		
		c) 10 and 12	15	15	3		
		d) UG and PG	3	14	4		
5	Marital status	a) Unmarried	4	4	0	6	5.46 NS
		b) Married	31	48	9		
		c) Divorced	1	0	0		
		d) Other	0	3	0		
6	Monthly income	a) Min 2000	11	10	2	6	16.42 NS*
		b) 2001-3001	7	4	0		
		c) 3001-4000	9	19	0		
		d) 4001-max	9	22	7		
7	Occupation	a) Agriculture	9	16	2	6	2.59 NS
		b) Self employed	11	12	0		
		c) Government employee	11	18	7		
		d) Other	5	9	0		
8	Types of family	a) Nuclear family	13	27	6	6	11.20 NS
		b) Joint family	14	29	3		
		c) Extend family	4	0	0		
		d) other	1	0	0		

*Indicates significant association.

Above mentioned data gender, education and monthly income have significant association between the knowledge regarding home remedies of diabetes mellitus.

RESULT & DISCUSSION

Highest of the sample 53(53%) were found 36-45 years of age. Majority of the sample 66 (66%) were found female. Almost of the sample 85 (85%) were found Hindu. Highest of the sample 33(33%) were found higher secondary school. Highest of the sample 49 (49%) were found joint family. The statistical analysis of level of knowledge 9(9%) had adequate knowledge, 55(55%) had moderately adequate knowledge, 36(36%) had inadequate knowledge. Majority of the

respondents were in the group of adequate knowledge.

The major finding of the study more than half of the sample belong to moderate knowledge (55%), Inadequate knowledge (36%) and adequate knowledge (9%) case is found in Gandhi Nagar, Bhopal.

CONCLUSION

The study was done to determine the knowledge regarding home remedies of diabetes mellitus among diabetic patient and their family members at Gandhi Nagar, Bhopal.

The result of this study showed that most of the moderately knowledge

IMPLICATIONS

The findings of the study have implications in different branches of nursing i.e. Nursing Practice, Nursing Education, Nursing Administration and Nursing Research.

Nursing Practice:

- Nurse should teach patients and family members about the benefits of home remedies regarding diabetes mellitus.
- Nurse should educate the patient and family members of diabetes mellitus through health teaching or health awareness programme.
- Nurse should understand the importance of home remedies as an adjunct to non-pharmacological therapy.

Nursing Education:

- Nurse as an educator needs to understand the various problems and needs of the people.
- The curriculum could be responsible for preparing the future nurses with more emphasis on home remedial care of diabetes mellitus patients.
 - Nursing curriculum should be updated by including topic like home remedies of diabetes mellitus.
 - Nurse educator can encourage students to conduct health teaching sessions on various home remedial care of diabetes mellitus patients.

Nursing Administration:

- Nursing administrator can organize in-service education programme regarding the various home remedial care of diabetes mellitus patients.
- Staff development programme need to be arranged, so that the nurse educators can encourage the students, patient and family members to improve skills on various home remedial care of diabetes mellitus patients.
- Nurse administrator should take active role in developing the skills of home

remedies of diabetes mellitus patients among the staff nurses and student nurses.

Nursing Research:

- Researchers should focus on non-pharmacological interventions to control diabetes mellitus.
- Nurse researcher should be aware of various innovative skills in promoting home remedies of diabetes mellitus patients.
- The findings should be disseminated through conferences, seminars and publications in Professional, National and International journals.

Declaration by Authors

Ethical Approval: Approved

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Conflict of Interest: No conflict of interest.

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