KNOWLEDGE OF PATIENTS AND FAMILY MEMBERS REGARDING DIABETES MELLITUS AND ITS TREATMENT

by

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submitted in fulfilment of the requirements for

the degree of

MASTER OF ARTS IN HEALTH STUDIES

at the

UNIVERSITY OF SOUTH AFRICA

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NOVEMBER 2003
DECLARATION

I declare that KNOWLEDGE OF PATIENTS AND FAMILY MEMBERS REGARDING DIABETES MELLITUS AND ITS TREATMENT is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references and that this work has not been submitted before for any other degree at any other institution.

SIGNATURE

DATE ......................................

(Hildah N Shilubane)
ACKNOWLEDGEMENTS

• I'm deeply appreciative of those who made this study possible.

• In addition to all those who assisted me with this study, the following individuals deserve special mention:

• Mr Shabangu of Lingua Franca who assisted me with the translation of the questionnaires into Xitsonga.

• I would also like to extend my warmest thanks to Mr Mlondzo and those who helped turn the manuscript into a finished product.

• My supervisor, Dr E Potgieter has given me ongoing support, understanding and encouragement. I would like to thank her.

• I cannot forget my mother, brothers and sister for their continued support.

• Finally, my special thanks goes to my family and friends who were patient, encouraging and supportive throughout the process - with special love and appreciation to my husband Norman, and the children Hlamulani, Nhlalala, Ntshuxeko Risuna and Hlurile Vutomi.
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ABSTRACT

Diabetes mellitus is a chronic disease affecting millions of people worldwide. The degenerative changes caused by diabetes can, however, be controlled through the correct treatment.

The outcome of diabetes mellitus depends mainly on the patient's self-management. Health professionals therefore have a major responsibility to assist patients to acquire the essential knowledge, skills and attitudes for self-management. The purpose of this study was to identify diabetic patients and family members' knowledge and views about diabetes mellitus and its treatment regimen.

A quantitative descriptive survey design was used. Questionnaires were used to collect data from a convenient sample of diabetic patients and family members. Data was analysed by a computer program called Statistical Package for Social Sciences. Findings revealed that patients and family members lack adequate knowledge on diabetes mellitus and its treatment. Recommendations regarding the required information and assistance to be given to diabetic patients and their family members were formulated.

KEY CONCEPTS

Diabetes mellitus, glucose control, hyperglycaemia, macro-vascular complications, micro-vascular complications, support system, treatment regimen.
DEDICATION