

## Concerns of Patients with Non-Insulin Dependent Diabetes Mellitus in Al-Hussaeny Hospital in Holy Karbala.

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### Abstract

**Background:**non-insulin dependent diabetes mellitus NIDDM is considered the most common health problems in the world, and concerns is statement made by patients which indicates an opinion, interest in, feeling related to patients state of health problem and effect on the patients from physical, psychosocial, and spiritual.

**Aims:**To determine the concerns of patients with non-insulin dependent diabetes mellitus.

**Method :**This study was conducted through a convenience sampling on (200) at diabetic outpatients clinic of Al-Hussaeny hospital in holy Karbala.

**Results:**There is about 55% of patients were female, while half of the studied patients were between 40 to 50 years old and 3% of them were illiterate and read\write, and 39.5% of them had secondary education and 30% were not work and 92.5% of them were married while 83.5% of them living with relative, and majority of them had moderate physical, spiritual and economic concerns, while there is significant differences between total mean concerns score and gender, residence, monthly income, level education, occupation and physical, psychosocial, economic, and spiritual concerns.

**Conclusion:**The researcher conclude that, non-insulin dependent were more between female and majority of them had moderate concerns related to physical, spiritual, and psychosocial, and most of them had high economic concerns, and relation was found between gender, area of residence, monthly income, level education, occupation and role of nurses in health education, clarify information and answers questions of patients and concerns of those patients, and no relation was found between age and concerns of studied patients related to psychological status.

### Recommendations :

in order to improve the health status of patients with NIDDM, the researcher recommended the following:

Provide diabetic patients with health education program and simple booklet and figures about diabetes mellitus disease and sharing family member in treatment plan. increase diabetic nurse awareness about diabetes mellitus related to concerns and impact of their concerns on the patients' health status and encouraging attending national and international conferences and update their knowledge through attending in training program, workshops, and lectures. Due to the lack in such researches in Iraq, further studies will be required to focusing on

improving the patient's ability to tolerate the concerns of treatment and to cope with increased intensity of treatment which enhances health status, and the role of family and its influence on diabetic concerns care.

**keyword:**non-insulin dependent, concerns, physical , psychological, spiritual, role of nurses.

## 1- Introduction

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.(American Diabetes Association,2018).

In 2014, 8.5% of adults aged 18 years and older had diabetes. In 2019, diabetes was the direct cause of 1.5 million deaths. To present a more accurate picture of the deaths causes by diabetes, however, deaths due to higher-than-optimal blood glucose through cardiovascular disease, chronic kidney disease and tuberculosis should be added. In 2012 (year of the latest available data), there were another 2.2 million deaths due to high blood glucose. Between 2000 and 2016, there was a 5% increase in premature mortality from diabetes. In high-income countries the premature mortality rate due to diabetes decreased from 2000 to 2010 but then increased in 2010-2016. In lower-middle-income countries, the premature mortality rate due to diabetes increased across both periods. By contrast, the probability of dying from any one of the four main non communicable diseases (cardiovascular diseases, cancer, chronic respiratory diseases or diabetes) between the ages of 30 and 70 decreased by 18% globally between 2000 and 2016.(International Diabetes Federation,2017)

concern is a statement made by patients, which indicates an opinion, interest in thought, feeling, or uneasiness related to patients state of health problem stressors and conditions surrounding them or their environment, moreover concerns can be categorized as physical. psychological and spiritual concerns.(Mohamed S.,1993).

NIDDM had an effect on patients physical, social, psychological, and spiritual status. those patients usually have many questions and various concerns about the diabetes, its prognosis, the therapeutic regimen and the health problems which may occur. they need to express these concerns, so, when caring and educate the patients and their families, it's important to be aware of their concerns.(Abd Al hafiz N,2008).

the nurse play an important and effective role to help NIDDM patients, this role based on the guidance, education, and awareness about concerns of patients with NIDDM related to disease and its management and how to prevent its complications. moreover, nurse must assess patients concerns related to disease and implement care according to their concerns, also, teach patients about medications, self-monitoring, self-care, hygiene practice, and smoking cessation to help those patients to deal with the problems which may occur.

## 2-Methodology

### 2-1-Ethical considerations

Permission has been obtained from Karbala health directorate .

### 2-2-Design ,setting, sampling of study and data collection

A Descriptive study which conducted to determine concerns of patients with non-insulin dependent diabetes mellitus. The study Initiated from (5rd October , 2020 –15th January, 2021). The study carried out in the Karbala province, held on 200 of out-patients clinic of AlHussainy hospital and sampling selected randomly by convenience sampling in order to collecting data by using a modified tool.

### 2-3-Instrument of study

The researchers were developing a questionnaire that consist of demographical data, head circumference, chest circumference height, weight, type of feeding during infancy, types of antibiotics .

### 2-4-Statistical Analysis

The data analysis of this study is analyzed through using the Statistical Package of Social Sciences (SPSS) version (24). The following statistical data analysis approaches were used in order to analyze data and assess the results of the study. The researcher used descriptive and inferential data analysis to obtain results.

## 3. Result and discussion

**Table 1: Distribution of the studied patients according to socio-demographic data (N=200):**

Items	Studied patients N=200	
	N	%
<b>Age</b>		
30-40	30	15.0
<b>40-50</b>	<b>110</b>	<b>55.0</b>
50-60	60	30.0
<b>Sex</b>		
Male	89	44.5
<b>Female</b>	<b>111</b>	<b>55.5</b>
<b>Level of education</b>		
Illiterate	6	3.0
Read and write	14	7.0
Primary education	18	9.0
Preparatory education	42	21.0
<b>Secondary education</b>	<b>79</b>	<b>39.5</b>

University education or higher	41	21.5
<b>Employment</b>		
<b>Not work</b>	<b>60</b>	<b>30.0</b>
Sedentary work	54	27.0
Manual work	56	28.0
Early retired	30	15.0
<b>Marital status</b>		
<b>Married</b>	<b>185</b>	<b>92.5</b>
Divorced	1	0.5
Widow	14	7.0
<b>Residence</b>		
Rural	33	16.5
<b>Urban</b>	<b>167</b>	<b>83.5</b>
<b>Average monthly family income</b>		
Enough	14	7.0
<b>Not enough</b>	<b>186</b>	<b>93.0</b>
<b>Nurses take role in health education, clarify information and questions answer</b>		
No	59	29.5
<b>Yes</b>	<b>141</b>	<b>70.5</b>

Table 1 show that, most patients were between 40-50 years old (55%) this result agreement with (Zachary and Bloomgarden 2010) who stated that, the development of non-insulin dependent diabetes mellitus involves adult patients (20-60) years, and more than half of patients studied female, this result agreement with (Misliza and Mas-Ayu 2009) who mentioned that, the incidence of NIDDM is greater in female than male, and results revealed that, the majority of nurses were given health education and clarify misconception for diabetic patients and this finding was in agreement with (Phipps et al 2008) who stated that, the majority of special nurses play an important role in giving health education and answer all patients questions.

**Table 2: Distribution of the studied patients according to their total mean concerns score percentage.**

Patients concerns	Concerns scores					
	High concerns (66.7%≥100%)		Moderate concerns (33.3%≥66.7%)		Low concerns (<33.3%)	
	No	%	N	%	N	%
<b>Physical concerns</b>	9	4.5	189	94.5	2	1.0
<b>Social concerns</b>	31	15.5	138	69.0	31	15.5
<b>Psychological concerns</b>	39	19.5	117	58.5	44	22.0
<b>Economic concerns</b>	119	59.5	76	38.0	5	2.5
<b>Spiritual concerns</b>	35	17.5	162	81.0	3	1.5
<b>Consultation concerns</b>	97	48.5	101	50.5	2	1.0
<b>Total score</b>	6	3.0	194	97.0	0	0.0

This table show that, the majority of the studied patients had moderate concerns related to total and subtotal diabetes mellitus concerns (physical, spiritual, social, psychological, and consultation concerns) while half of them had high economic concerns followed by physical concerns, this results supported by (Macquart-moulin et al 2006) and (Karmer et al 2008) who reported that, most common concerns of NIDDM were economic concerns then physical concerns.

**Table 2: Comparison of studied patients mean concerns scores and nurses role in clarifying information and answer patients questions as reported by patients.**

Patients concerns	Nurses clarify information and answer questions (N=200)		Significance (p-value)
	Absent (N=59)	Present (N=141)	
Physical concerns	46.0±8.0	45.4±7.8	t=0.548 p=0.584
Social concerns	50.9±13.2	54.3±16.0	t=1.565 p=0.12
Psychological concerns	47.7±19.8	51.5±21.8	Z=1.338 p=0.181
Economic concerns	12.5±19.5	15.5±20.9	Z=0.949 p=0.343
Spiritual concerns	56.1±24.8	64.5±23.3	Z=2.304 p=0.021
Total score	49.3±7.6	53.3±8.5	t=3.139 p=0.002

This table show that, no statistical significant differences were found between the studied patients means concerns scores of patients who had nurses clarification of information, those not had clarification except in relation to spiritual mean concerns score ( $P=0.0021$ ), moreover, statistical significant difference was found between patient total mean score of patients had clarification of information and those did not had ( $P=0.002$ ) for the favor of patients who had information. This result was in agreement with (Boutell and Bozett 2002) who reported that, most of nurses assessed clients spiritual needs such as fear, source of strength, and feeling of hope which the most frequently assessed by nurses, while as this finding contradicted by (Malloy and Bethel 2010) who found that, there was no significant difference was found between role of nurse in health teaching and clarifies information and spiritual concerns of NIDDM and added that, the most of nurses given information and clarify misinformation about disease but do not interest with spiritual needs of NIDDM.

#### 4-Conclusion

The researcher conclude that the majority of patients studied have moderate concerns related to physical, social, psychological, economic, and spiritual concerns, and there is a significance differences between patient total mean score of patients had clarification of information. In addition, no significance differences between the studied patients means concerns scores of patients who had nurses clarification of information.

## 5-Recommendations :

According to the conclusion of the current study, the researcher recommended the following

The results of the study point toward the important of know concerns of patients with non-insulin dependent diabetes mellitus and role of nurses for education patients about diabetic disease and coping with disease and prevent complication of disease, so there is a need to increase and development of educational training courses, seminars and workshop that held by governmental and non-governmental agencies.

Further researches are needed focusing on the role of family and its influence on diabetes concerns care among diabetic patients.

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