

Thesis Title Factors Related to Glycemic Control in Non -
Insulin Dependent Diabetes Mellitus Patients :
A Case Study at Paholpolpayuhasena Hospital,
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ABSTRACT

The objective of this study was to analyze factors related to glycemic control in non insulin dependent diabetes mellitus patients. The population of this study were collected purposively from 250 diabetes patients (88 uncontrollable and 162 controllable blood glucose level) that attend diabetic clinic at Paholpolpayuhasena hospital. The data were collected by interviewing structured questionnaire and hospital record during June 1 to October 8, 1992.

The results of this study revealed that the factors that were significantly related to glycemic control were :

In demographic and economic factors were duration of diabetes more than 5 year with relative risk 1.52 ($1.09 < RR < 2.11$), incomes more than 5000 bahts per month 1.61 ($1.16 < RR < 2.23$) and adequate income 1.63 ($1.10 < RR < 2.42$).

In dietary behavior factors were found of nibbling between meals with relative risk 1.44 ($1.03 < RR < 2.01$), irregularity of mealtime 1.52 ($1.08 < RR < 2.12$), eating sweet fruits more than twice a week 1.73 ($1.12 < RR < 2.66$), not choose some food to control diabetes 2.04 ($1.40 < RR < 2.96$), drinking soft drink more than twice a week 2.08 ($1.39 < RR < 3.13$) and putting some sugar in food 2.32 ($1.44 < RR < 3.73$).

In exercise behavior factors were not practicing exercise enough risk than exercise (1.47, $1.03 < RR < 2.09$).

In drug behavior factors were taken irregularity of medicine and lack of medicine with relative risk 1.57 ($1.11 < RR < 2.22$), lack of medicine about once a week 2.05 ($1.33 < RR < 3.17$) and more than once a week 2.19 ($1.49 < RR < 3.21$).

In psychosocial factors were having moderate to severe anxiety with relative risk 1.65 ($1.19 < RR < 2.28$) and boring about adherence 1.69 ($1.19 < RR < 2.41$).