Abstract

Background

Diabetes Mellitus recognized as one of the emerging public health problems in developing countries. Self-monitoring needs to be individualized and should assist people with diabetes. This study aimed to assess the predictors of self-management practices among diabetic patients attending hospitals in western Oromia, Ethiopia.

Methods

A facility-based cross-sectional study was conducted from November 2017 to February 2018 in hospitals located in western Oromia, Ethiopia. An interview was made with a total of 400 clients attending the diabetic center and inpatient ward in the study hospitals. The data were entered into Epi Info software version 3.5.4. Moreover, data analysis was made using a statistical package for the social sciences (SPSS) version 20. Odds ratio (OR) was used to show the association. The statistical significance was considered at $P<0.05$, and potential confounding variables were controlled using logistic regression. The analyzed data were presented in texts and tables.

Results

From a total of 398 interviewed patients, 129 (32.4%) practiced diabetes self-management. About 63.6% of the study participants self-care practice was good. Most 103 (79.84%) of those who practiced self-management were presented with one of diabetes mellitus-related complications. Logistic regression analysis results showed that merchants were about six times higher in self-management practice [AOR of 5.945 (1.177-30.027 at 95% CI)] and those

having family support in diabetes- practiced self-management 2.87 times than others AOR of 2.835 (1.386-5.801 at 95% CI).

Conclusions

Compared to the findings of previous studies in the literature, the diabetes self-management practices of the current study seem to be good. The study participants regular physical activity, food intake, medication adherence, and foot self-examination were moderate. Two variables, being a merchant and having family support were found to be the predictors of self-management practices. We recommend diabetes education to boost self-care practice

Keywords: Diabetes Mellitus, Self-management practice, predictors