

Title: Microvascular complications and its predictors among type 2 diabetes mellitus patients at Dessie town Hospitals, Ethiopia

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Diabetes mellitus is a serious metabolic disorder which becomes common in middle and low incomes countries since few decades. Microvascular complications include retinopathy, neuropathy and nephropathy all of which can lead to disability, dependency, accelerate their morbidity, and mortality. In Ethiopia, there is paucity data regarding this topic. Hence, this study aimed to assess prevalence of microvascular complications and its predictors among type 2 diabetes mellitus patients. Cross-sectional study was conducted from February to March 2020 at Dessie town hospitals. We used SRS to recruit study participants and interviewer administered questionnaire to collect the data. Data analysis was made using SPSS software. Binary logistic regression was done to select potential variables to be adjusted at $p \leq 0.25$. After running multivariable regression, variables with a p-value ≤ 0.05 were declared as statistically significant. Three hundred and thirty-five type 2 DM patients participated in the study, of which 54.6% were males. One hundred and twenty-seven or 37.9% of DM had at least one microvascular complications. These were retinopathy 24.8%, nephropathy 16.1%, and neuropathy 8.1%. Age 60-87 years (AOR=2.76, 95% CI: 1.02-7.46), duration of diabetes > 5 years (AOR=4.09, 95% CI: 2.40-6.96), mellitus and co-morbid hypertension (AOR=3.52, 95% CI: 2.09-5.95), were statistically significant. In this study, diabetic microvascular complications are prevalent. Age of participants, duration of DM and hypertension were independent predictors. Health professionals should focus on early screening for

diabetes, health education, abrupt medication for aged patients with long duration of DM, and hypertension, and also early detection and management of microvascular complication.

Biography

Mohammed Abdu has completed his MSc at the age of 30 years from Gondar University School of Medicine and Health sciences, Ethiopia. Currently, am serving as a lecturer in Debre Tabor University. I am young researcher and have published more 5 papers in different journals.

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