

Title 2: Predictors of poor plasma glucose maintenance in type II diabetic people with ophthalmic complication: The case of Dessie Hospitals in Ethiopia

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Diabetes mellitus, the commonest metabolic disorder, leads to cardiovascular diseases, neurological problems, kidney injury, and visual disturbances. Such complications can be prevented by maintaining plasma glucose level in the normal range including ophthalmic complications. Hence, this study intended to pinpoint predictors of poor plasma glucose maintenance in type II DM people with ophthalmic complication. We conducted a cross-sectional survey using SRS approach to recruit participants. An interviewer-based questionnaire was used and ophthalmic complication was determined by visual acuity test. We used SPSS to analyze the data and descriptive statistics were calculated. Predictors were ascertained using multivariable logistic regression at p≤0.05. Besides, AOR with 95% CI was also estimated to show extent of association. In this study, the prevalence of poor plasma glucose maintenance was 65.1% (56.6%-73.6%). Poor plasma maintenance was predicted by the absence of formal education (OR: 0.67; 0.20-2.23), DM history of family members (OR=4.29; 1.33-13.83), longer duration of diabetes (OR: 3.02; 1.09-8.63), insulin use (OR=10.05; 2.72-52.35), and lesser physical exercise (OR=2.91; 1.47-5.76). Study subjects with no education, DM history of family members, prolonged DM, insulin medication, and inadequate exercise had higher rate of poor plasma glucose maintenance. Health professionals should educate

patients on the importance of self-adherence to plasma glucose monitoring, and encourage them to practice recommended physical activity.

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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