Knowledge, Attitudes and Practices regarding Gestational Diabetes Mellitus among Pregnant Women at a District Hospital in Coastal Kenya

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Abstract

Statement of the Problem: Gestational Diabetes Mellitus (GDM) is any degree of glucose intolerance first recognized during pregnancy. GDM awareness among Pregnant Women (PW) translates into GDM prevention and early diagnosis. **The purpose of this study**: To establish the underlying factors influencing GDM Knowledge Attitudes and Practices (KAP) among PW at Kinango District Hospital (KDH). **Methodology**: A Mixed Methods design was implemented by initially conducting quantitative methods to assess GDM KAP; followed by qualitative methods that validated the quantitative data. Comprehensively, 354 PW and eight health care workers (HCWs) were interviewed from January to February 2019. Thereafter, interviews were conducted among four PW and three HCWs; including a Focus Group Discussion (FGD), from May to June 2019. STATA V15 software package was used to analyze the quantitative data. Qualitative data were analyzed manually using Theoretical Thematic Analysis. **Findings**: Among 354 PW, 29.0% were knowledgeable, 46.98% had good attitude and 60.17% had good practice. Attending at least one Antenatal Clinic (ANC) visit and having heard about Diabetes Mellitus (DM) were associated with good GDM attitudes and practices. Among the knowledgeable PW, majority (33.33%) obtained GDM information from a health facility. The FGD among PW highlighted that daily health talks (DHTs) during ANC, included GDM and DM information. Furthermore, attendance of at least one ANC visit was low (85.88%), among PW (87.86%) who were expected to have attended at least one ANC visits. **Conclusion**: Despite low GDM knowledge, PW had relatively good GDM attitudes and good GDM practices. Indigenous knowledge among PW as well as DHTs conducted by HCWs during ANC influenced the latter. Hence, GDM information dissemination needs to be enhanced for the improvement of GDM KAP among PW for GDM prevention.

Image

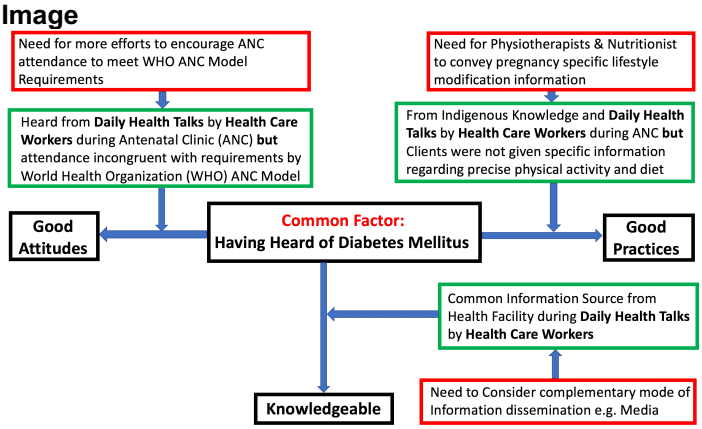


Figure 1: Common factor associated with Gestational Diabetes Mellitus (GDM) Knowledge, Attitudes and Practices (KAP) among Pregnant Women at Kinango District Hospital in Kenya. The Green outlined boxes indicate the sources of GDM information while the Red outlined boxes indicate the specific recommendations.

Recent Publications

1. Kassahun, C & Mekonen, A. Knowledge, attitude, practices and their associated factors towards diabetes mellitus among non-diabetes community members of Bale Zone administrative towns, South East Ethiopia. A cross-sectional study. PLOS ONE. 2017; 12(2), p.e0170040. https://doi.org/10.1371/journal.pone.0170040

2. Kiberenge, MW, Ndegwa, ZM, Njenga, EW, Muchemi, EW. Knowledge, attitude and practices related to diabetes among community members in four provinces in Kenya: a cross-sectional study. Pan African Medical Journal. 2010; 7(2).

3. International Diabetes Federation. IDF Diabetes Atlas. 2017 8th edn, viewed 20 May 2018, http://www.diabetesatlas.org

4. Hussein, J. Non-communicable diseases during pregnancy in low and middle-income countries. Obstetric Medicine. 2016; 10(1), pp.26-29. https://doi.org/10.1177/1753495X16684709

5. Braun, V, Clarke, V. Using thematic analysis in psychology. Qualitative Research in Psychology. 2006; 3(2), pp.77-101. https://doi.org/10.1191/1478088706qp063oa



Biography

Nanyangwe Siuluta has a passion in Global Health with a particular interest in Gestational Diabetes Mellitus (GDM). There is currently a considerable information gap in Lower-Middle Income Countries regarding Non-Communicable Diseases in Pregnancy. Maternal Health has been reported to offer a window of opportunity for the prevention of the inter-generational transmission of Diabetes Mellitus (DM). As such, Nanyangwe conducted a Knowledge, Attitudes and Practices (KAP) survey in Kwale (Kenya) in order to provide information for the implementation of a context specific GDM prevention program. She implemented a Mixed Methods (Explanatory) study design for data collection among Pregnant Women and Health Care Workers, in order to comprehensively establish the level of GDM KAP among both sample groups. In the long term the study will provide essential information for prompt primary preventive measures to be put in place, so as to prevent the initial occurrence of GDM and consequently avert inter-generational transmission of DM.

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