

TITLE

**THE PREVALENCE AND NON-PHARMACOLOGICAL
MANAGEMENT OF DIABETES MELLITUS AT PCEA KIKUYU
HOSPITAL**

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ABSTRACT

Diabetes Mellitus is a group of metabolic disease in which a person has high blood sugars either because the pancreas does not produce enough insulin or because the cells do not respond to the insulin that is produced. Diabetes is one of the most significant public health challenges that we face in the 21st century. The study sought to determine the prevalence and non-pharmacological management of diabetes mellitus.

Cross-sectional descriptive study design was used and data was collected by use of a questionnaire. The quantitative data was analyzed using SPSS version 16.0 then presented using tables, Pie charts and graphs. The study would likely influence the approach used towards addressing the non-pharmacological management of Diabetes Mellitus at Kikuyu Hospital. **Results:** Physical exercises play an important role in the management of Diabetes mellitus as evidenced by the results of this study. 70.6% of the respondents performed regular physical exercises while 29.4% did not. 124/219(56.6%) of the respondents who performed regular physical exercises did it for between 16 and 30 minutes while 87/219 (39.7%) took more than 30 minutes while 41.6% did not perform any physical exercises. All the patients indicated they had regular medical examination. When rating the modifications in the management of diabetes, 34.5% and 46.1% of the respondents indicated healthy eating to be important and very important respectively. 48.1% of the respondents did not know how to rate regular physical exercises, 59.0% rated regular blood checkups as very important and 61.0% indicated maintaining medication regularly as very important as well as 68.7% for routine medical checkups. **Conclusion:** From the study the non-pharmacological management of Diabetes Mellitus includes Dietary modification, Physical exercises, avoidance of stress and smoking cessation. The prevalence of Diabetes Mellitus is high due to poor eating habits and lack of physical exercises. Therefore I recommend the Hospital management to organize programmes such as exercise and self-care monitoring to equip diabetic patients effectively monitor their blood glucose level as well as control their diet accordingly. Healthcare providers should take time to explain in depth on diabetes, causes and prevention/control through health and self-care to prevent complications. Family members of diabetic patients should also be counseled to adopt a healthy lifestyle in order to prevent diabetes.