



**MOUNT KENYA**

**UNIVERSITY.**

**SCHOOL OF PHARMACY**

**PREVALENCE OF DIABETES MELLITUS AMONG PATIENTS  
ATTENDING LANET ARMY REGIONAL HOSPITAL IN NAKURU,  
KENYA.**

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## ABSTRACT

Diabetes mellitus is a group of metabolic disorders in which a person has high blood sugar, there are two main types i.e. type 1 and type 2 diabetes mellitus. The research project was to determine the prevalence of diabetes mellitus, which type of diabetes mellitus was more prevalent in the region, the age groups affected most and assess the management of the disease by use of drugs among the patient attending Lanet Army referral hospital in Nakuru Country, Kenya.

The study was carried out at the outpatient department at the Lanet regional hospital using the outpatient records. The study population included all diabetes diagnosed patients of all age groups and the study period was from January 2011 to December 2011. The growing number of diabetes mellitus globally and in Kenya can be attributed to poor feeding habits, lifestyle factors and the incidence of diabetes mellitus and its effects on health is very alarming.

The research found out that the most common type of diabetes mellitus was type 2 with (96.4%). The findings also showed that the most common mode of management is by use of drugs (93.5%) and the most common drugs being oral hypoglycemics. The most affected age group according to the findings was 41-50 yrs with 39.6% prevalence. In conclusion, the research found that the prevalence of diabetes mellitus was high in patients attending the Lanet regional hospital and the most common was type 2 diabetes mellitus. The most common type of management was by use of oral hypoglycemics. The most affected age group was 41-50 years.

From the research carried out, raising of awareness and declaring diabetes screening as a presumptive and routine test are the sole ways in addressing the situations so as to prevent any progression of the disease in the younger generations.