



**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**

The research project was to determine the prevalence of diabetes mellitus among patients attending Lanet army referral hospital, in Nakuru country Kenya. The study was carried out to find out which type of diabetes mellitus was more prevalent in the region, the age groups mostly affected and if management of the disease is by use of drugs.

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 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 with 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%.

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 and the most common type of management was by use of oral hypoglycemics. The most affected age group according to the study 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.