

**ASSESSMENT OF THE LEVEL OF KNOWLEDGE ON COMPLICATIONS  
OF DIABETES AMONG DIABETES PATIENTS AT THIKA LEVEL FIVE  
OUTPATIENT CLINIC**

**A research report presented to the School of Pharmacy in partial  
fulfilment of the requirements for the award of Bachelor of  
Pharmacy in Mount Kenya University**

**ESTHER WANGUI KIMARI**

BPH/110/01978

**2013**

## **Abstract**

Type 2 diabetes mellitus is a complex metabolic disease with a deregulated glucose homeostasis. This disease is caused by both environmental and genetic actors. Current treatments aim at relieving the symptoms and slowing down the disease progression, rather than the actual aetiology of the disease. Therefore, it is necessary to develop therapeutic strategies that modify the course of the disease and target at the pathophysiology of T2DM. It is important to realize that a personalized life-style managements and genetic therapies should be applied to T2DM patients simultaneously and the future T2DM treatments are believed to be no longer a single option, but will tackle several aspects of this disease at the same time.

The main purpose of this study was to evaluate the level of knowledge on complications of diabetes among diabetes patients at Thika District Hospital Level 5 outpatient clinic. Descriptive cross sectional study design was employed in this study. Ninety questionnaires were administered but only 80 respondents complied, representing an 88.9% response rate. Most of the respondents were male (56%) and only 35(44%) were female. The study revealed that respondents (66%) had low levels of diabetes-related health knowledge and the complications that arise from diabetes. 13% of the patients were aware of diabetic wound and amputation. This finding corresponds with other studies conducted in India (Mohan et al. 2005). Research in this area should be funded by the government since very little literature exists on this study. Even though there is a National Diabetes Strategy (2010-2015) in Kenya, much can still be done in creation of awareness of risks, causes and complications of diabetes through multidisciplinary and multi-sectoral policy formulation.