

**A STUDY OF THE RISK FACTORS CONTRIBUTING TO PREVALENCE  
OF COMPLICATIONS OF DIABETES MELLITUS AMONG PATIENTS AT  
KIKUYU MISSION HOSPITAL**

**A research project submitted to the school of pharmacy in the  
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## ABSTRACT

Diabetes mellitus refers to a metabolic disorder characterized by hyperglycemia resulting from absolute or relative insulin deficiency due to resistance at the tissue level. Type II diabetes mellitus (T2DM) is the commonest form of global prevalence of diabetes. The study objective was to determine the prevalence and risk factors to complications resulting from diabetes mellitus among patients attending the diabetic clinic in Kikuyu Mission Hospital. The study found that risk factors for diabetes mellitus complications could be broadly classified as patient related risk factors e.g the exposures at the personal/patient's level and healthcare giver related risk factors which are extraneous to the patients and are related to the quality of healthcare services at the hospital level. Hypertension was the most prevalent complication (85%). Deteriorating vision was reported by 68.1% of the patients. Pain or cramping in thighs, buttocks, legs, feet when walking was reported among 67% of the patients while reduced urine output and possible nephropathy were also significantly reported by half of the respondents. Foot ulcer/blister occurrences were reported by 41.8% of the respondents, challenges in the reproductive life of the patients were reported by 21% of the respondents. The study concluded that the relationship between gender and diabetes related complications indicated that more women (57%) than men (43%) reported having complications. This showed that gender was an inherent risk factor for diabetes mellitus complications. This study also found an association between age and diabetes mellitus complications. People in their old ages tend to be more at risk of diabetes complications. The study recommended that patients should undergo routine tests to reduce the risk factors associated with diabetes mellitus. Data was analyzed using descriptive and inferential statistics like karlpearsons correlation coefficient and chi square.