

**A STUDY DONE TO DETERMINE THE PREVALENCE OF  
DAIBETES MELLITUS AND ESTABLISH THE UPTAKE AND  
PATIENTS' PERCEPTION ON NON-PHARMACOLOGICAL  
MANGEMENT AT PCEA KIKUYU HOSPITAL**

**A research project submitted in partial fulfillment for the award of  
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## ABSTRACT

Diabetes Mellitus is a group of metabolic disease in which a person has high blood sugars levels 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 21<sup>st</sup> century. The study sought to determine the prevalence of Diabetes mellitus and establish the uptake and patients' perceptions on non-pharmacological management. Cross-sectional descriptive study design was used and data was collected by use of a questionnaire. The quantitative data was analyzed using excel then presented using tables, Pie charts and graphs. The prevalence of Diabetes mellitus at PCEA Kikuyu hospital was at 19%. It was more prevalent in males (58.1%) than females (41.9%). The diabetes was more prevalent on patients above 40 years of age which had 88.4% of the respondents. 21% of the respondents were on non-pharmacological management that included physical exercise and dietary modification as compared to 60% who were on pharmacological while 19% of the diabetic patients were on both management. It was noted that 21% of the respondent affirmed that physical exercises and dietary modifications can control their blood sugar levels of which the same percentage (21%) had advantages in their preferred management while 50.3% of the respondents were not sure. 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. 89.7% and 74.5% of the respondents did not smoke cigarettes and drink alcohol respectively. From the study the non-pharmacological management of Diabetes mellitus includes Dietary modifications, 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. 89.67% had normal body weight while 6.77% were overweight. Therefore I recommend the Hospital management to organize more education on non-pharmacological management of diabetes mellitus such as lifestyle modifications should be emphasized to diabetic patients. Also Patients should be encouraged to do regular physical exercises and dietary modifications which are cost effective.