

ORIGINAL ARTICLE

Association between information sources and level of knowledge about diabetes in patients with type 2 diabetes[☆]



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KEYWORDS

Diabetes mellitus;
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Abstract

Objective: To evaluate the association between the type of information source and the level of knowledge about diabetes mellitus in patients with type 2 diabetes.

Methodology: A cross-sectional study was conducted at a reference diabetes and hypertension center in Lima, Peru, during 2014. Level of knowledge was measured using the Diabetes Knowledge Questionnaire-24 and 12 information sources. Patients with 75% correct answers were considered to have a good knowledge. Adjusted odds ratios were calculated.

Results: Of the total 464 patients enrolled, 52.2% were females, and 20.3% used the Internet as information source. Mean knowledge was 12.9 ± 4.8 , and only 17.0% had a good knowledge, which was associated with information on diabetes obtained from the Internet (OR = 2.03, 95% CI 1.32–3.14), and also from other patients (OR = 1.99, 95% CI 1.20–3.31). Good knowledge was also associated with postgraduate education (OR = 3.66, 95% CI 1.21–11.09), disease duration longer than 12 years (OR = 1.91, 95% CI 1.22–3.01), and age older than 70 years (OR = 0.39, 95% CI 0.21–0.72).

Conclusion: Search for information in the Internet was positively associated to a good level of knowledge. It is suggested to teach patients with diabetes to seek information on the Internet and, on the other hand, to develop virtual spaces for interaction of patients with diabetes.

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PALABRAS CLAVE

Diabetes mellitus;
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 Perú

Asociación entre las fuentes de información y el nivel de conocimientos sobre diabetes en pacientes diabéticos tipo 2

Resumen

Objetivo: Evaluar si existe asociación entre el tipo de fuente de información y el nivel de conocimiento sobre la diabetes mellitus en pacientes con diabetes tipo 2.

Metodología: Estudio transversal realizado en el Centro de Atención Integral de Diabetes e Hipertensión en Lima, Perú, en el año 2014. Se midió el nivel de conocimientos con el *Diabetes Knowledge Questionnaire-24* y el uso de 12 fuentes de información. Se consideró que tenían buen conocimiento aquellos con un 75% de las respuestas correctas. Se calcularon las razones de prevalencia ajustadas.

Resultados: Se incluyeron 464 pacientes con diabetes, el 52,2% fueron mujeres y el 20,3% usaron Internet como fuente de información. La media de conocimientos fue de $12,9 \pm 4,8$; solo un 17,0% obtuvo un conocimiento bueno, y estuvo asociado con obtener información de diabetes de Internet (RP = 2,03, IC 95% 1,32–3,14), y también de otros pacientes (RP = 1,99, IC 95% 1,20–3,31). Asimismo, se relacionó con tener un posgrado (RP = 3,66, IC 95% 1,21–11,09), tener más de 12 años de diagnóstico (RP = 1,91, IC 95% 1,22–3,01) y una edad mayor a 70 años (RP = 0,39, IC 95% 0,21–0,72).

Conclusión: La búsqueda de información en Internet está asociada positivamente a un buen nivel de conocimientos. Se propone enseñar a los pacientes con diabetes a buscar información en Internet y, por otro lado, desarrollar espacios virtuales para la interacción de los pacientes con esta dolencia.

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Introduction

Diabetes mellitus is a metabolic disorder that has become a public health problem worldwide because of the increasing number of people who suffer from it. As in any chronic disease, education is essential for good monitoring. Various studies have shown that diabetes education is considered one of the mainstays for achieving good metabolic control. Such education is intended to educate patients regarding the disease and to promote the maintenance of skills that will allow them to lead an optimal daily life.¹ It is thus intended to avoid and/or delay the various health complications caused by this disease, to improve the quality of life of patients, and to decrease the high hospital costs involved.²

In Peru, the level of diabetes awareness on the part of sufferers of the disease has been assessed at public hospitals by physicians and researchers in diabetes control in order to determine whether their efforts were effective in imparting such awareness. They found fair, low, or deficient understanding.^{3,4} However, this was measured with their own tools and with no evidence of prior validation.⁵

The Diabetes Knowledge Questionnaire (DKQ-24) is a summary of the original 60-item questionnaire⁶ which was translated into Spanish and adapted to the Hispanic population living in the United States.⁵ It has been used in several studies in Latin America in countries such as Mexico, Costa Rica, and Guatemala, so ensuring its acceptability and understanding on the part of the great majority of surveyed people.^{5,7,8}

The source from which information about the disease is obtained is associated with preventive and therapeutic types of behavior.⁹ The information source is able to motivate

and maintain the interest of patients with diabetes so that they take an active part in their treatment and satisfactory results are achieved. New information and communication technologies (electronic and audiovisual devices such as mobile telephones and computers) are being incorporated into the practice of health because of their potential to improve access to health care, information exchange, and patient management both individually and for advanced age groups.¹⁰

The influence of information sources on diabetes education and knowledge of the disease by patients who suffer from it is as yet little known.¹¹ In addition, both the lack of patient-focused objectives and problems in monitoring the results¹² result in an incomplete or otherwise unsatisfactory development of educational programs and, as a result, in deficient knowledge by patients. The purpose of this study was, therefore, to ascertain if a relationship exists between information sources and the level of knowledge of patients with diabetes. It is hoped that our results will support the design of training programs and educational interventions, encourage the greater presence of such educational programs and improve them and that these programs will in turn be able to decrease potential complications and thus increase the quality of life of patients with diabetes.

Patients and methods**Study design**

An analytical, cross-sectional study was conducted during the second half of 2014 at the public Center for the

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