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Glyceated hemoglobin control among type 2 diabetes patients attending a teaching hospital

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Background and Objective: Type 2 DM is rapidly raising as a global healthcare problem that threatens to reach pandemic levels by 2030. Type 2 Diabetes mellitus is a disease with no cure and chronic disease that results in major morbidity and mortality. The main objective of this study is to evaluate the glyceated hemoglobin control and to determine factors effect on glyceamic control among type 2 diabetes outpatients attending diabetic clinics at Hospital Universiti Sains Malaysia (HUSM).

Subjects and Methods: The study design was observational prospective longitudinal follow-up study, the study was conducted with sample of 1077 Type2 Diabetes Mellitus outpatient recruited via attended the diabetes clinics at HUSM. HbA1c is parameter to measure the glyceated hemoglobin control. Logistic regression analysis was used to assess the independent variables that affect the glycaemic control.

Results: The majority of patients 794 (73.7%) did not achieve target of HbA1c levels $\leq 7.0\%$. It has been found that age, race and anti-diabetic medications are the factors that affect on the HbA1c.

Conclusion: New strategy to improve the current status of control of diabetes is needed. The study recommends that health-care providers should pay more attention to type 2 dm patients with older age, Malay race and anti-diabetic medications. The present study recommends that more time, money and attention must be given to the treatment of diabetic patients.

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