

## *Self-care practice and associated factors among diabetic patients at University of Gondar comprehensive Specialize referral hospital North West Ethiopia, 2017.*

Fikadu Ambaw yehualeshet<sup>1</sup> and Abebaw Alemayehu Desta<sup>1</sup>

<sup>1</sup>Alkan University College, Bahir Dar Campus, Bahir Dar, Ethiopia, East Africa.



### *Abstract*

**Background:** Diabetes mellitus is a chronic disease that requires lifelong treatment and life style adjustment. To prevent morbidity and mortality, it requires dedication to demanding self-care behaviors in multiple domains. Self-care practices among people living with diabetes are very crucial in controlling serious complications. The aim of this study is to determine the prevalence of self-care practice and identify the factors affecting self-care practice among diabetic patients at University of Gondar comprehensive Specialized Hospital, North West Ethiopia, 2017.

**Methods:** Facility based cross sectional study design was conducted to determine the prevalence of self-care practice and identify the pertinent factors affecting self-care practice. About 344 study participants were selected through a systematic random sampling technique and interviewed using structured questionnaire to collect data. The collected data was entered in to EPI Info version 7, and then transported to SPSS Version 16 for further the analysis. Both bivariate and multivariable logistic regression analysis was conducted. P-Value <0.05 was used to declare statistical association.

**Result:** Closer to 50% of the study participants had good self-care practice. The monthly income of diabetic patients, being illiterate and being a farmer was found determinant factors for poor self-care practice.

**Conclusion:** The study demonstrated that almost half of diabetic patients had good self-care practice but still substantial number of respondent had poor self-care practice. Good self-care was associated with monthly income, level of education, occupation and duration of diabetes mellitus care. Advocating and educating patients regarding the importance of diabetic self-care practice is highly recommended.

### *Biography:*

Fikadu Ambaw yehualeshet, Alkan University College, Bahir Dar Campus, Bahir Dar, Ethiopia

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