

Level of fitness and behaviour versus health and social status in diabetic patients at the level of primary health care-in the light of nationwide research

Anna Abramczyk

University of Warmia and Mazury in Olsztyn, Poland

In a general population, the level of disability indicates a general health condition and the quality of medical care while a disability is a measure of disease consequences. In this work, factors differentiating the level of fitness in diabetic patients at the level of primary health care were presented. Research has been carried out within the scope of NCSR grant no. 6P05D02320, among 1366 families and 1986 patients with diabetes, originating from the randomly chosen 61 units of the national primary health care. The research has been carried out based on: anonymous questionnaires among patients' families/caregivers, analysis of medical records.

Results: Full fitness (regarding hands, legs, eyesight, hearing, spine and speech) was found only among 10% of examined patients. In patients with higher level of fitness (full fitness and minor limitations of fitness), the following conditions were identified more often: good socioeconomic status ($p=0,00000$), functioning in a family characterised by a higher care and nursing potential ($p=0,00000$), increased participation in social life ($p=0,00000$), higher level of social support ($p=0,00000$), higher level of knowledge about the disease ($p=0,00000$), lack of complaints, expected behaviour in personal and oral hygiene care, examinations results closer to normal values (body weight, blood pressure), lack of difficulties in accessing medical services, lower level of diagnostics and of need for professional care ($p=0,00000$).

Conclusions: The level of knowledge about the disease, difficulties in accessing medical services, the level of diagnostics and social support, the family and socioeconomic situation differentiate the level of fitness in diabetic patients.

Biography

Anna Abramczyk (Ph D), professor of University of Warmia and Mazury in Olsztyn. Author of more than 170 papers (published) about the international and national range. Expert of the Polish Committee Accreditation in the range education on the medical direction. Director and author the grant no 6P05D02320, "The quality of care above patients with diabetes on the level of the primary health care", financed by Committee of Scientific Research in Poland. Expert in the range of public health, social medicine, diabetes care. The reviewer of works about the international and national range.

wesola2000@2com.pl