13th International Conference on

Metabolomics and Systems Biology

October 11-12, 2018 | Zurich, Switzerland

Knowledge and attitude of healthcare providers in identifying and managing prediabetes

Kenneth Ogar Inaku
University of Calabar, Nigeria

Statement of the Problem: Some 318 million people worldwide are estimated to have impaired glucose tolerance, translating to 6.7% of adult population. The vast majority of these people live in low- and middle-income countries. Nigeria was ranked 9th globally with 6.3 million of its population estimated to have prediabetes in 2015. With an estimated prevalence of 12.9 million by 2040, healthcare providers' knowledge, attitude and beliefs toward prediabetes are unclear.

Methodology & Theoretical Orientation: This was a self-administered questionnaire-based survey which aimed at assessing among healthcare providers: Knowledge of risk factors that should prompt prediabetes screening; management practices for prediabetes and attitude and beliefs regarding prediabetes and its management (lifestyle modification and metformin use).

Findings: In all, 179 questionnaires out of 205 were selected. Respondents were drawn from departments of internal medicine (17.6%), pediatrics (26.7%), family medicine (29%), obstetrics and gynecology (20.9%) and others (6.3%). Majority of the respondents (99.4%) were working in tertiary hospitals. All 10 risk factors for prediabetes were correctly identified by 22.9% with 83.8% able to identify at least 5 risk factors. Laboratory criteria for diagnosing prediabetes using fasting plasma glucose were correctly identified by 19.6% (lower value) and 14.5% (upper value) respectively. Although majorities (76%) are familiar with the American Diabetes Association guidelines for diabetes screening, some 40.2% do not consider prediabetes as a condition that requires specific management. Over half (52%) of respondents agree that metformin use can reduce the risk of diabetes in individuals with prediabetes but only 1.7% have ever discussed starting metformin with their patients.

Conclusion & Significance: There is need to educate medical doctors about risk factors for prediabetes and its management to curb the rising diabetes epidemic in Nigeria.

keninaku@yahoo.com

Metabolomics:Open Access
ISSN: 2153-0769

Euro Metabolomics 2018
October 11-12, 2018

Volume 8

Page 88