

23rd World Nursing and Healthcare Conference

July 10-12, 2017 Berlin, Germany

Effect of diabetes symptoms on sleep quality of patients with type 2 diabetes

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Objective: The aim of descriptive study is to determine effect of diabetes symptoms on sleep quality of patients with type 2 diabetes.

Material and Method: This study was done between June, 2015 and July, 2016. The study universe consisted in 783 adult patients with type 2 diabetes who were hospitalized in the İnönü University Turgut Özal Medical Center Endocrine Department. The sample group consisted of selected with random sampling 256 patients who stayed in this clinic. The number is calculated according to a formula applicable to a known study universe. Tools for data collection were a personal identification form, the Diabetes Symptoms Checklist Scale and The Pittsburgh Sleep Quality Index. Data were evaluated with absolute numbers, percentage, average, independent groups t test, the Kruskal-Wallis, Analysis of Variance and Pearson Correlation test.

Findings: This research found that most of the patients were female, married, illiterate, unemployed, with a disease, using insulin, measuring blood sugar at home and obese. It was determined that the average age of patients with diabetes 57.55 ± 12.5 and diagnosis time 11.17 ± 7.23 . The Diabetes Symptoms Checklist Scale total mean score a was found 2.12 ± 1.05 . The total mean score of The Pittsburgh Sleep Quality Index was 10.71 ± 4.08 and %86.3 of patients had poor sleep quality. Between all subscales of the Diabetes Symptoms Checklist Scale and the Pittsburgh Sleep Quality Index total score statistically significant relationship was found ($p < 0.05$).

Conclusions: It was determined that a negative relationship between sleep quality and symptoms of diabetes and increased symptoms of diabetes decreased in sleep quality.

Biography

Derya has completed her master at the age of 24 years from İnönü University Faculty of Health Sciences. She is continuing her Ph.D at İstanbul University Faculty of Nursing. She works as a research assistant at the Uludağ University Faculty of Health Sciences.

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