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Factors influencing microvascular complications among people with type 2 diabetes in eastern region, Thailand

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The purpose of this cross-sectional study was to examine the prevalence of the complications for microvascular and determining factors influencing microvascular complications. Data were collected from 350 patients with type 2 diabetes, who received the cares at the diabetes clinics from eleven governmental hospitals located in the Eastern region of Thailand. The data were analyzed by means of descriptive statistics, and binary logistic regression analysis.

The results revealed that there were 239 cases having the complications for microvascular, calculated as 68.3% (95%CI: 63% – 73%). Among diabetic patients with microvascular complications, diabetic kidney disease accounted for the majority of them (35.98%), followed by diabetic retinopathy (24.68%) and peripheral neuropathy (5.44%). There were relationships between the following variables: age, HbA1C, triglycerides level, duration of diabetes, and the complications as such with statistical significance ($p < .01$). Participants, who had age over sixty years, had higher risk of having microvascular complications about 13.48 times (OR = 13.48, 95%CI: 2.18 – 83.48). Those with the diabetes who had HbA1C level more than 8% showed a higher chance of microvascular complications than those with HbA1C level less than 7% .46 times (OR = .46, 95%CI: .23 – .90). Participants, who had high triglycerides level showed a higher chance of microvascular complications about 2.15 times (OR = 2.15, 95%CI: 1.20 – 3.85). Moreover, those with the diabetes for over 20 years showed a higher chance of microvascular complications about 4.76 times than those with diabetes for shorter time (OR = 4.76, 95%CI: 1.28 – 17.67).

Conclusion: Such findings can be used for health care provider in order to develop the intervention focused on micro vascular complications in early diagnosed diabetes mellitus patients. Early identification of diabetic kidney disease, diabetic retinopathy and diabetic neuropathy early care management lead to prevent micro vascular complications

Biography

She was a registered nurse from 1996 – 2004 in the surgical department, Banpong Hospital, Thailand 2004-2005 Diabetic foot care clinic, Banpong Hospital, Thailand. She started her education as RN, 1995, Boromarajonani Collage of Nursing, Thailand MS, 2004, faculty of Nursing, Burapha University Ph.D., 2011, Faculty of Nursing, Burapha University. She is a lecturer at Burapha University, Chonburi province, Thailand. The area of interest is self-management, case management especially, type 2 diabetes patients. I would like to conduct effective program to delay complications and improve self – management for patients.

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