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## **The obstacles encountered in coping with illness in daily life of type-2 diabetic patients and their affecting factors**

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The prevalence of diabetes is increasing worldwide. Diabetes and its complications are the leading causes of death in many countries. The frequency of diabetes in our country is 13.7%. Due to its nature of being a long term disease, there is a need for lifelong care and management in self-monitoring of the diabetic patients for prevention of complications. The obstacles the patients meet in their follow-up negative affect disease management. The aim of this study is to investigate the obstacles encountered in coping with their illness in daily life of type-2 diabetic patients and affecting factors. Sample of the study included 186 type-2 diabetic inpatients. As data collection instruments, a questionnaire form including sociodemographic and disease-related characteristics of diabetic patients, Hospital Anxiety and Depression Scale and The Diabetes Obstacles Questionnaire were used in the study. Number and percentage distributions were used to assess sociodemographic and disease-related characteristics of the patients; mean and standard deviation were used to evaluate hospital anxiety, depression and diabetes obstacles. Multiple linear regression analysis was performed to explore the predictors of diabetes obstacles in patients with type-2 diabetes. The mean age of the patients who participated in the research was  $60.8 \pm 11.4$ . Mean score from the scale of diabetes obstacles was  $-13.6324 \pm 21.71$ . Level of compliance with treatment was found to be the strongest predictor of diabetes obstacles in patients with type-2 diabetes. It has been determined that they have experienced significant obstacles in communication with health professionals of patients. A major obstacle in coping with their illnesses of type-2 patients was the level of treatment compliance. Increasing the communication with health professionals can reduce the obstacles that the patient experiences by facilitating the compliance of the patient to the treatment.

### **Biography**

Asiye Kartal pursued PhD from Ege University, Turkey. She is currently an Associate Professor of Pamukkale University, Turkey. She has over 15 publications that have been cited over 45 times, and her publication H-index is 4.

### **Notes:**