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Impact of diabetes on HRQOL – Is there a gender difference in the Indian context?

Jansirani Natarajan

Sultan Qaboos University, Muscat, Oman

Introduction: Diabetes is a chronic disease with considerable impact on health status and quality of life and it is considered an urgent public health issue in India as it is becoming a diabetes capital of Asia. Type 2 diabetes is a global public health crisis that threatens the economies of all nations, particularly developing countries. The influence of gender on HRQOL of diabetic patients is not well reported especially in India.

Purpose The aim of this study was to compare the perception of the diabetic HRQOL of male and female South Indian diabetic patients attending a tertiary care hospital as a basis for planning and managing diabetic care.

Methodology This descriptive cross-sectional study collected data from 352 T2DM patients attending a tertiary care hospital, Chennai, Tamilnadu, India using the convenience sampling method, from June to August 2017, based on the inclusion criteria. D 39 HRQOL questionnaire was used to collect the perception of T2DM patients on four dimensions of HRQOL and the results were transformed into a 0 to 100 scale. Higher mean scores indicated lower HRQOL. Data was analysed using IBM SPSS, Version 22.

Results The study had males (43.2%) and females (56.8%). The findings revealed that South Indian female type 2 diabetic patients perceived significant low HRQOL in four dimensions of the D39 HRQOL scale (energy and mobility, diabetes control, anxiety and worry and social burden comparing to male diabetic patients at $p < .05$. Females reported better scores in sexual domain of the HRQOL than male diabetic patients.

Conclusion Female T2DM patients reported lower HRQOL compared to male diabetic patients in the study. Educational, technological, and psychological interventions are needed in order to improve HRQOL of T2DM patients. Women must therefore develop a more positive attitude towards the disease and its management and strategies like self-care management to support them is the need of the hour.

Biography:

Dr. Jansirani Natarajan is an Engaging Nursing Lecturer effectively conveying nursing concepts and procedures in laboratory and clinical settings. Committed to incorporating knowledge gathered from ongoing research to educate students in nursing concepts. Performing professional nursing work and knowledgeable in best practices in teaching, simulation training, integration of technology and clinical supervision and evaluation. Has membership in many professional bodies. Has attended many international conferences and presented papers. Has published more than 10 articles in peer reviewed journals.