

ABSTRACT

Background: The increased number of hospital visits by diabetic patients raises intense concerns about their awareness and practices of self-management and also influences the progression of diabetes and its complications, which are largely preventable through education and involvement of the patient.

Method: A hospital based cross sectional, descriptive study was carried out among clients of International Hospital Kampala to evaluate the knowledge attitude and practices of self-care management of diabetes mellitus. A semi structured questionnaire was used and other statistical methods.

Objective: The goal of the study was to estimate awareness of, and practice of self-care management among the diabetic clients of international hospital Kampala. It will also be significant to the ministry of health in the successful control of mortality rate prompted by Diabetes.

Results: A total of 50 diabetic respondents of International Hospital Kampala representative of the diabetes patients participated in the study of whom 38 were between 20-40 years and 24% (12) were between 41- 70 and above years. Majority of the respondents were female 60 % (30) and 40% (20) were male. Majority (98%) of the respondents said they had heard about diabetes while few (2%) said they had never heard about diabetes. Majority (80%) of the respondents said they could encourage someone to carryout self-care activities in comparison to the few (20%) they could not encourage someone to carryout self-care activities. Majority (60%) of the respondents said they carried out daily exercises while few (40%) said they did not carry out daily exercises.

Limitations: The study was mainly limited by clients recall bias and time crash with normal functioning of the clinic.

Conclusion: As evidenced by the study, patients have diabetes awareness of the condition but don't carryout self care, therefore suffer complications. Key words: Knowledge, practice and self care management.