

The topic of the study was, “risk factors and prevention of complications in type 2 diabetic patients attending the diabetic clinic at Mubende Regional Referral Hospital”. On the scope of the study, the major concept was risk factors and prevention of diabetic complications among type 2 diabetic patient. This independent variable was studied in terms of knowledge on risk factors and prevention of diabetic complications. The other dependent variable that was perceived in terms diabetic complications especially diabetic foot and diabetic neuropathy.

The main objective of this study was to assess the knowledge on the risk factors and prevention of complications among Type 2 diabetic patients. Specific objectives were to assess knowledge on risk factors, knowledge on prevention of diabetic complications and to determine the prevalence of diabetic foot and diabetic neuropathy among type 2 diabetic patients attending the diabetic clinic at Mubende Regional Referral Hospital. The study was a cross sectional design, included only diabetes patients from diabetic clinic (DM clinic) and it was both qualitative and quantitative for 2 weeks only. It involved 200 participants who were selected using random sampling after being determined using Yamane (1967) provides a simplified formula. Study tools to obtain data involved interviewer guided questionnaires. Data collection techniques involved a check list and questionnaire. The data was later analyzed.

The principle findings were, 200 participants involved with 105 males and 95 females. It was found thaton knowledge about lack of exercise increase the risk of developing diabetic complications, 124(62.0%) did not know .Age and male sex were identified as other risk factors. It was found that knowledge about adherence to preventive measures in preventing the occurrence of diabetic complications, 106 ( 53.0%) did not know and finally it was found that diabetic neuropathy had a greater prevalence with a frequency of 566 (84.89%).

Conclusion Knowledge on risk factors for diabetic complications especially exercise was below average 76(48%). Knowledge about exercise need to be emphasized, age group above 50 years of age and male sex were associated risk factors for complications of diabetes. Absence of work in females could increase diabetes and its complications in females. Therefore knowledge about risk factors for diabetic complications is still needed. Knowledge on prevention of diabetic complication was also below average with 94(47%) more so on preventive measures. Therefore knowledge about prevention and risk factors of diabetic complications is needed. , it was found that diabetic neuropathy had a greater prevalence with a frequency of 566 (84.89%). It was found that diabetic ulcer was more in males with 43(53%) compared to females with38 (47%).

Recommendations The hospital management should organize health education talks on diabetic complications, risk factors and preventive measures. The patients to carry out more exercise and age group 18-28 years to be educated about diabetes and its complications. Make mass communication through local media for the public to be informed about these risk factors for diabetic complications.