

# Assessment Knowledge of Diabetic Patients towards Prevention of Diabetic Retinopathy at the Endocrinology and Diabetes Center in Basra City

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## Abstract

**Objectives:** The study goals to: To assess diabetic patients' knowledge of diabetic retinopathy (DR), to assess the knowledge of diabetic patients regarding the prevention of diabetic retinopathy and to find out the relationship between the level of knowledge regarding the prevention of diabetic retinopathy and clinical socio-demographic characteristics.

**Methodology:** A cross-sectional study design was performed though out the present study for period from 1<sup>st</sup> December 2020 to 20<sup>st</sup> March 2021. A non - probability purposive sample of 100 patients at the Endocrinology and Diabetes Center in Basra City. Data were collected through the questionnaire constructed and the self-management reporting process. The questionnaire consists of three parts: social and clinical demographic characteristics (age, gender, marital status, educational level, occupation, the environment, economic Status, duration of illness, type of diabetes mellitus, A family history of diabetes, type of treatment for diabetes and history of eye disease).The second part consist of questionnaire contain questions related to general information regarding knowledge of diabetic patients about diabetic retinopathy. The third part contains questions related to the prevention of diabetic retinopathy in patients with diabetes. The validity of the tool content was determined by a committee of experts, and the internal consistency of the tool was determined through a pilot study and the calculation of the alpha correlation coefficient ( $r = 0.70$ ). Analyzing data by descriptive and inferential statistical approaches using (SPSS) version 22.0.

**Results:** The results of the study showed that (55%) had a poor level of knowledge regarding diabetic retinopathy, and (50%) had a moderate level of knowledge regarding the prevention of diabetic retinopathy.

**Keywords:** Knowledge, Diabetic, Prevention, Diabetic Retinopathy.

## Introduction

Diabetes (DM) is a progressive disease with metabolic disorders and microvascular complications such as retinopathy, neuropathy, and nephropathy. Diabetic retinopathy (DR) is one of the most common complications of diabetes, its severity, and a major cause of blindness worldwide <sup>(1)</sup>. 422 million people suffer from diabetes worldwide, especially in developing countries. Diabetes is currently one of the fourth leading causes of death in the world. Global estimates of diabetes among adults over the age of 18 increased from 4.7% in 1980 to 8.5% in 2014.1 Diabetes can be treated

so that its consequences can be avoided or delayed through diet, physical activity, regular examination and treatment for complications <sup>(2)</sup>. The World Health Organization (WHO) aims to stimulate and support the adoption of effective measures to control, prevent and control diabetes and its complications, particularly in low and middle income countries <sup>(3)</sup>. Patient awareness of DR will be the key to further improvements in DR management and prevention. Patients should be told that they play an essential role in blood sugar control and eye care <sup>(4)</sup>. Early detection and intervention of diabetes has been shown to be critical for preventing irreversible blindness and improving patient quality of life. The