Universität Basel

Publication

Adherence to the management of type i diabetes among Palestinian patients in Nablus city: a cross-sectional study

JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)

The purpose of this study is to investigate the adherence to the management of Type I Diabetes and to investigate factors associated with non-adherence among Palestinian Type 1 Diabetes patients. One hundred and twenty-six patients diagnosed with Type 1 Diabetes were enrolled in an observational cross-sectional study. Diabetes self-care adherence was measured using the Self Care Inventory (SCI). The patients were recruited from a diabetes clinic in Nablus city in Palestine. One-way ANOVA test and simple linear regressions were used in the statistical analysis. Participants age ranged from 3-43 years; 56% of them were females. The mean age at diagnosis for them was 10 years ($+/-6.25$). The mean glycosylated hemoglobin (A1C) was 9 $+/-2.32$. 66% of patients reported significant non-adherence to glucose testing, 89% reported non-adherence to diet recommendations, 79% reported non-adherence to exercise, and 21% reported non-adherence to administering insulin on time. Age ($r = 0.29$, $P < 0.05$), A1C ($r = 0.21$, $P < 0.05$), sex ($P < 0.05$), and patient educational level ($P < 0.05$) were significantly related to adherence score. Adherence to treatment among patients with Type 1 Diabetes is poor and is associated with age, sex, A1C, and patient educational level. Designed education programs should be implemented among patients with Type 1 Diabetes, which address the importance of adherence to the management of the diseases. More strategies should focus on monitoring the diet and insulin administration. ľ 2022, An-Najah National University. All rights reserved.