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TOWARDS UNITY FOR HEALTH



Facultad de Medicina



THE NETWORK: TOWARDS UNITY
FOR HEALTH & FACULTAD DE MEDICINA,
UNAM, PRESENT

TUFH2020 MEXICO

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"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

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TUFH 2020 Abstracts

Title	Psychosocial accountability among patients of Diabetes Mellitus
Type	TUFH Oral Presentation <i>Building the Capacity of Future Leaders in a Socially Accountable World</i>
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Country	Sudan
Abstract N^o	TUFH11

Content

BACKGROUND: WHO defined Diabetes Mellitus as 'A chronic, metabolic disease characterized by elevated levels of blood glucose'. It is widely known that patients with diabetes mellitus (DM) are at high risk of decreased psychological well-being this is due to strained coping with changed life routines. In this study, we aim to assess empowerment, awareness and social accountability toward psychological wellbeing among diabetic patients with correlation to their glycemic index. **METHOD:** A facility-based cross-sectional survey to diabetic patients randomly chosen from Al-Draja diabetic center in Wad-Medani city in Sudan. Small structured interviews held while filling a multi-options questionnaire, adopted from University of Michigan (DES-SF) Diabetic Empowerment Short Scale based on the DES-SF scaling scores. **RESULTS:** According to awareness degree: 46% of patients were Highly aware, 49% Middle and 4.9% Low, based on the HbA1c glycemic index: 30.3% of patients were Good control, 69.6% Poor control. Association of DES with the glycemic index: Good controlling patients estimated 45.1% High aware, 51.6% Middle, 3.2% Low, while Poor controlling patients 45.7% High, 47.9% Middle, 5.4% Low. Also according to gender basis : 70.5% of patients females, 29.4% males , based on residency location : 54.9% Urban , 45% Rural. **CONCLUSION:** Data analysis leads us to conclude that the majority of those patients were aware, accountable and in a good psychological wellbeing status with no correlation to their glycemic index.