



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2017; 3(8): 26-28
www.allresearchjournal.com
Received: 07-06-2017
Accepted: 08-07-2017

N Yoga Lakshmi
B.Sc (N), Staff Nurse,
NMCH, Patna, Bihar, India

N Subhashini
Asst. Professor, Sree Narayana
Nursing College, Nellore,
Andhra Pradesh, India

Dr. Indira Arumugam
Principal, Narayana College of
Nursing, Nellore, India

Assess the knowledge regarding alternative therapies for control of blood glucose level among diabetic patients in tertiary care Hospital, Nellore

N Yoga Lakshmi, N Subhashini and Dr. Indira Arumugam

Abstract

The present study aims are to assess the knowledge regarding the alternative therapies for control of blood glucose level among diabetic clients and to find out the association between the level of knowledge and socio demographic variables of diabetic clients. 30 diabetic clients admitted to Narayana Medical college hospital were selected by using the non probability convenience sampling technique. structured questionnaire was used for assessing the knowledge regarding alternative therapies. Descriptive and inferential statistics were used to analyze the data. The study results revealed that 63.4% are having inadequate knowledge followed by 33.33% are had moderately adequate knowledge and remaining 3.33% only had adequate knowledge. The study concluded that majority of diabetic clients are having inadequate knowledge regarding alternative therapies for control of blood glucose it indicates there is a need to educate the patient to minimize the side effects of conventional hypoglycemic drugs and enhance the better control of diabetes.

Keywords: Knowledge, alternative therapies, blood glucose, diabetic clients

Introduction

Diabetes mellitus is a group of metabolic disease characterized by elevated level of glucose in the blood resulting from defects in insulin secretion, insulin action/both and also dreadful disease is found in all over the world with causing troublesome effects to health of mankind. Therapeutic goal for diabetes management is to achieve normal blood glucose level without hypoglycemia and without seriously disrupting the patient's usual lifestyle and through the nutritional management, exercise, education.

Conventional medications having adverse effects moreover drug treatments are not always satisfactory in maintaining glycemia and avoiding late stage diabetic complications. Alternative therapies with anti diabetic activity have been researched relatively, extensively, particularly in India. Ideal therapies should have a similar degree of efficacy without troublesome. Alternative therapies such as dietary supplements with Chromium, Vanadium, Magnesium, Nicotinamide and vitamin E, acupuncture, hydro therapy, Aroma therapy and yoga therapies, less likely to have the side effect than conventional approaches for diabetes.

Objectives

- To assess the knowledge regarding alternative therapies among diabetic patients.
- To find out association between the level of knowledge and socio demographic variables of diabetes mellitus patients.

Materials and methods

This cross sectional descriptive study was carried out to assess the knowledge regarding, alternative therapies, this study was conducted in Narayana college of nursing, Nellore. After obtaining ethical clearance 30 diabetic clients were selected by using non probability convenience sampling technique. Informed consent was obtained from the samples. The data collected from sample by using structured Questionnaire method and documented. Statistical analysis was performed by using descriptive and inferential statistics.

Correspondence
N Subhashini
Asst. Professor, Sree Narayana
Nursing College, Nellore,
Andhra Pradesh, India

Criteria for Sample Selection**Inclusion Criteria**

- Diabetic patient who are under the regular treatment.
- Diabetic patients who are admitted in Narayana Medical College Hospital at Nellore.
- Patients who can able to read and speak Telugu.
- Patients who are willing to Participate In Study.

Exclusion Criteria

It includes

- Those who have other systemic disease.
- Persons those who are not willing to participate in the study.

Description of the Tool

The tool was developed with the help of related literature from various text books, journals, website, discussion and guidance from experts.

Part-I: Consists of socio demographic variables which includes the age, sex, religion, education, occupation, family income, marital status, place of residence, type of family, health care facilities available in residence area.

Part-II: Consists of Consist of structured questionnaires to assess the knowledge regarding alternative therapies.

Plan for Data Analysis

The data was analyzed in terms of objectives of the study using descriptive and inferential statistics.

Table 1

Sl. No	Data Analysis	Method	Remarks
1	Descriptive Statistics	Frequency, and Percentage distribution, Mean and Standard Deviation *	*Distribution of socio demographic variables. *To determine the level knowledge regarding alternative therapies.
2	Inferential statistics	Chi-Square	*to find out the association between level knowledge regarding alternative therapies. with selected socio demographic variables of diabetic patients.

Results

The data were organized and presented under the following Headings.

Section I

Frequency and percentage distribution of socio demographic variables of diabetic patients.

Section II

Frequency and percentage of the level of knowledge regarding alternative therapies for control of blood glucose level among diabetic patients.

Section III

Mean and standard deviation of scores regarding alternative therapies for control of blood glucose level among diabetic patients.

Section IV

Association of level of knowledge of diabetic patients with their selected socio demographic variables.

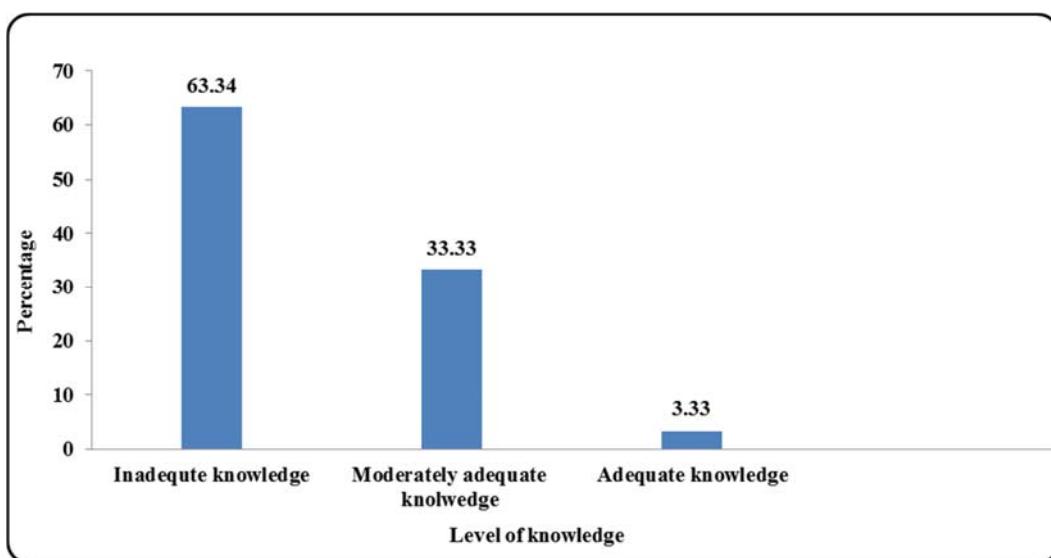
Section I

Frequency and percentage distribution of socio demographic variables of diabetic patients.

Majority of diabetic patients with respect to age 14(46.6%) are 41-50 years of age and with regard to gender 16(53.4%) are females, with reference to religion 13(43.3%) are belongs to Hindu religion, in view to education 15(50%) are illiterates, with respect to occupation 14(46.6%) are house wives, in respect to place of residence 19(63.4%) are living in rural area, with respect to availability of health care facilities in residence area 24(80%) are not having any health care facilities.

Section II

Percentage distribution based on the level of knowledge among diabetic patients regarding alternative therapy.



Section-III

Mean and standard deviation of level of knowledge among diabetic patients regarding alternative therapy.

Category	Mean	Standard deviation
Level of knowledge	18.3	3.33

Section IV

Association between level of knowledge and socio demographic variables of diabetic patients.

The study finding reveals that there is no association between the level of knowledge with socio demographic variables of diabetic patients.

Conclusion

The study findings revealed that majority of diabetic patients are having the moderately adequate knowledge regarding alternative therapies. Hence there is a need to bring awareness through education regarding the alternative therapies for control of diabetes mellitus.

References

- Chinthareddy Palem, Nellore. Narayana Nursing Journal. 2013; 4.
- Tejaswi V, Indira Arumugam. Effectiveness of self management program on life style modification among patients with type II DM. International journal of recent scientific research. 2016; 7(5):10988-91.
- Indira Arumugam. Assess the effectiveness of self instructional module on knowledge regarding self care practices among newly diagnosed diabetes mellitus client attending endocrine OPD, Narayana medical college hospital, Nellore. International journal of advanced scientific research. 2016; 1(3):25-28.
- Eisenberg DM, Kessler RC, Foster C, Norlock FE, Calkins DR, Delbanco TL. Unconventional medicine in United States: Prevalence, cost and pattern use. N Engl J Med. 1993; 328:246-52.
- Malhotra V, Singh S, Tandon OP, Sharma SB. Text Book of The beneficial effect of yoga in diabetes. 7th Edition, Published by Nepal Med Coll J. India. 2005, 145-147.
- Sahay BK, Sahay RK. Text Book Lifestyle modification in management of diabetes mellitus, 7th Edition, Published by J Indian Med Assoc. India, 2002, 178-180.
- Manyam by. Text Book Diabetes mellitus, Ayurveda, and yoga, Alternative and Complement Med, 3rd Edition, Published by J Indian Med Assoc. Bangalore, 2004, 223-225.
- Sahay BK. Text Book Role of yoga in diabetes, 2rd Edition, Published by J Assoc Physicians, New delhi. 2007, 121-126.
- Gram B, Christensen R, Christiansen C, Gram J. Effects of Nordic walking and exercise in type II diabetes mellitus. 2010; 20(5):355-361.
- Boden G, Sargrad K, Homko C, Mozzoli M, Stein TP. Short term effect of low carbohydrate diet compared with usual diet in obese patient with type II diabetes. annals of international medicine. 2005; 142(6):403-411.
- Karpova, Zalerskaya A, Bregavsky V. The effect of diet and physical training in patient with impaired glucose tolerance 2 year follow up Netherland. 2003; 20(5):355-361.
- Hajeera K, Rahman A. *In vitro* study of the effects of viscous soluble dietary fibres of Abelmoschus L in lowering intestinal glucose absorption. Bangladesh Pharmaceutical Journal. 2010; 13(2):0301-4606.
- Raub JA. Psychophysiological effects of Hatha Yoga on musculoskeletal and cardiopulmonary function: A literature review. Journals of Alternative and Complementary Medicine. 2002-2003; 8(6):797-812.
- Padma K. A study to assess the knowledge on foot care among diabetic client attending OPD in NMCH, Nellore. International journal of medicine research. 2016; 1(2):87-90.
- Indira Arumugam. A study to assess the prevalence of diabetes mellitus among people attending OPD in Narayana Medical College & Hospital