DIABETES MELLITUS RELATED TREATMENT GOALS: AWARENESS AND ATTAINMENT IN THE IFE-IJESA ZONE, SW N

B A Kolawole¹, C Adegbenro², ZO Ayoola² and B Opebiyi²

¹Departments of Medicine and ²Community Health, College of Health Sciences, Obafemi Awlowo University, Ile-Ife.

Nigeria

Presenting Author: Associate Prof. C. A. Adegbenro, Department of Community Health, College of Health Sciences, Obafemi Awolowo University, Ile-Ife, Nigeria

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Background and aims: Evidence emanating from research data have demonstrated that improved metabolic and blood pressure outcomes reduce the morbidity and mortality associated with diabetes. This study determined the prevalence of attainment of recommended goals for glycaemic and blood pressure control in type 2 diabetics attending the diabetes clinic of the Obafemi Awolowo University Teaching Hospital Complex, Ile-Ife, SW Nigeria.

Methods: The charts and case records of One hundred and five (105) type 2 diabetics seen over a five-week period were reviewed to assess the prevalence of attainment of blood pressure and glycaemic control goals. The mean BP and fasting blood glucose of all patients at each clinic visit was determined and were compared statistically. Knowledge and practice of diabetes related treatment goals were assessed by means of a questionnaire administered on 133 diabetes health care providers. **Results: Forty-six (43.8%) patients attained the target fasting blood** glucose level of 6.7mmol/l while 5 (49.5%) had blood sugar levels = 7.8mmol/l after three clinic visits. Comparable results were obtained for the target 2 hour post prandial blood glucose target. 15 (20%) subjects attained the target SBP of 120/80 mmHg and 25 (25%) of the target was =130/85 mmHg (Table1). All patients demonstrated significant mean BP lowering by the third clinic visit in all cases (p=0.001). There was also a significant lowering of mean FBS and 2hrPP blood glucose in all patients after 3 clinic visits (P<0.01)..

Conclusion: While our strategies achieved significant BP and blood glucose lowering, few patients attained

Table 1: Glycaemic goal attainment among all subjects; n=105

Criterion	N	%
FBG (mmol/l)		
<6.7	46	43.8
>7.8	52	49.5
2hr PP (mmol/l)		
=10.0	49	46.7
=11.1	52	49.5

FBG - Fasting blood glucose

2hrPP - 2 hour postprandial

Blood pressure goal attainment in HT/DM subjects: n = 75

Criterion	N	%
=120/80mmHg	15	20
=130/85mmHg	25	25