

# How Much Diabetic Patients Are Aware of Diabetic Retinopathy


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# Introduction

- ▶ The diabetes epidemic is rapidly increasing in many countries, with the documented increase most dramatic in low- and middle-income countries.
- ▶ It is estimated that 366 M adult will be suffering from diabetes in 2030.
- ▶ In Jordan, prevalence of diabetes is one of the highest worldwide and on the rise.
- ▶ It is estimated that 34 % of population above 25 y has diabetes.

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- ▶ Diabetic retinopathy (DR) is the most common complication of diabetes.
  - ▶ DR is the most common cause of blindness in working age group 25-65 y of age.
  - ▶ It accounts for 1% of all blindness globally.
  - ▶ Yet, Blindness secondary to DR is preventable in 90% of cases.
  - ▶ DR is the second most common cause of blindness in Jordan after cataract.

# Aim...

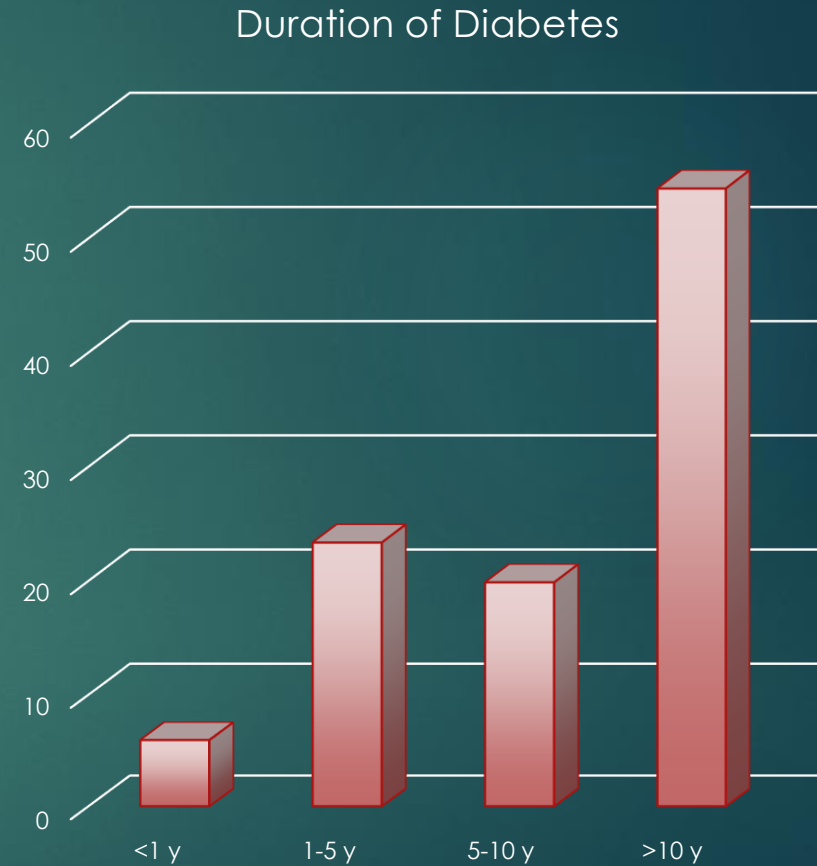
- ▶ This is a pilot study that aimed to:
  - ▶ assess the level of awareness of diabetic patients regarding their diabetes and diabetic retinopathy.
  - ▶ assess compliance diabetic patients with screening protocol for diabetic retinopathy.

# Methods...

- ▶ A questionnaire was distributed randomly to diabetic patients visiting Prince Hamza Hospital and Health center of Alhashmi Alshamali.
- ▶ The answers to the questions were collected by direct interview with individuals.
- ▶ The questions included personal details, medical information about diabetes, information relevant to diabetic retinopathy and frequency of screening.
- ▶ Answers were collected and analyzed using Excel software.

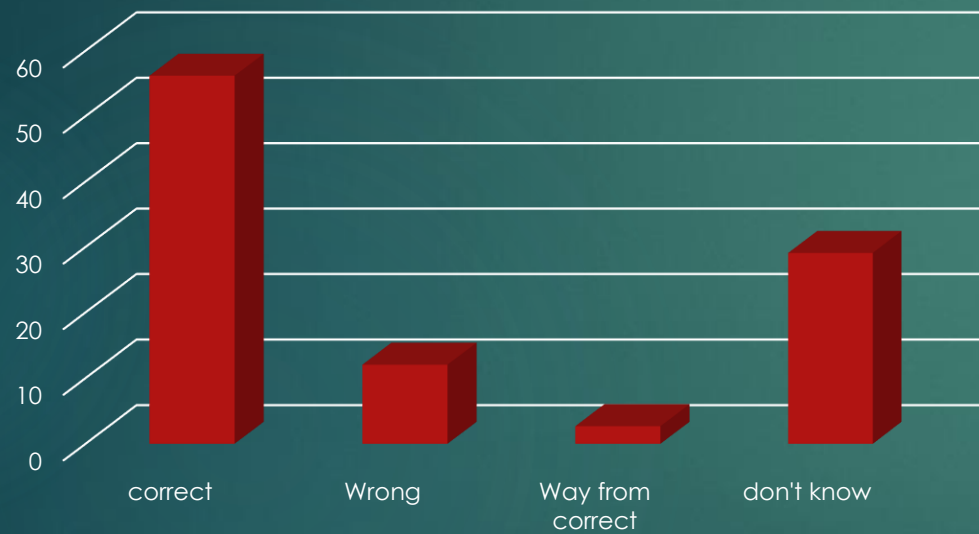
# Results...

- ▶ A total of 403 patients were interviewed.
- ▶ 51% were males
- ▶ Average age: 61 y ( 15-84).
- ▶ More than 85% were from amman.

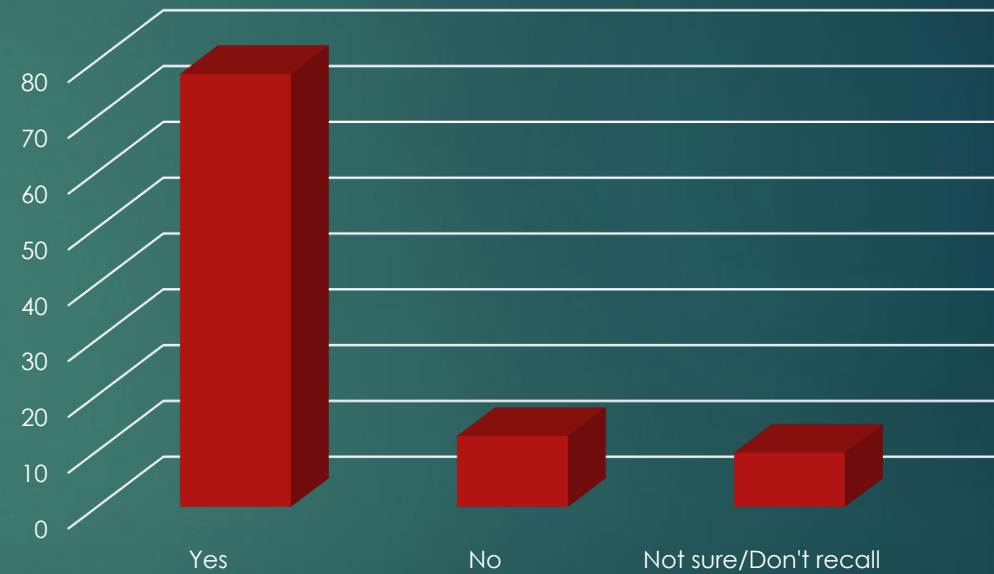


# Results...

Challenge for knowledge about normal level of serum glucose or HbA1c

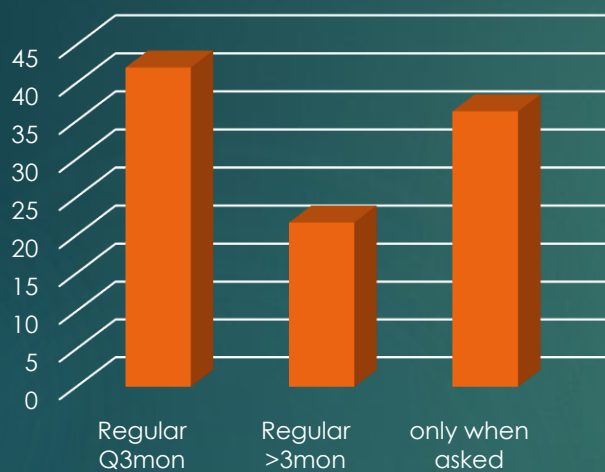


Have you ever tested your HbA1c

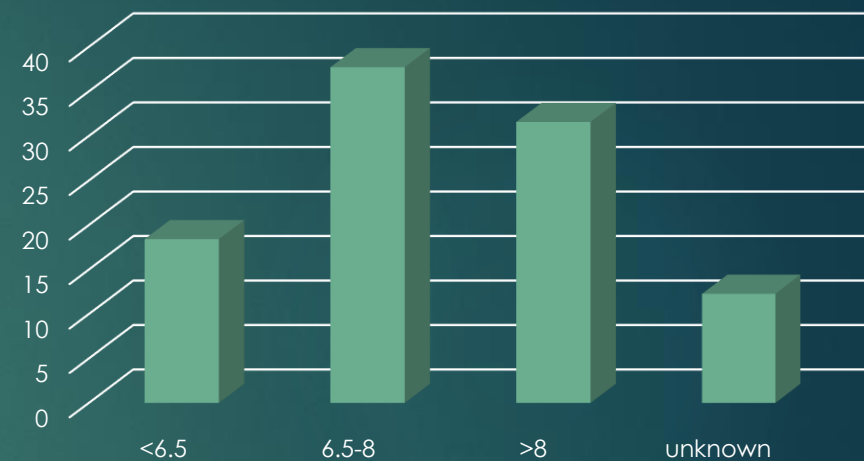


# Results...

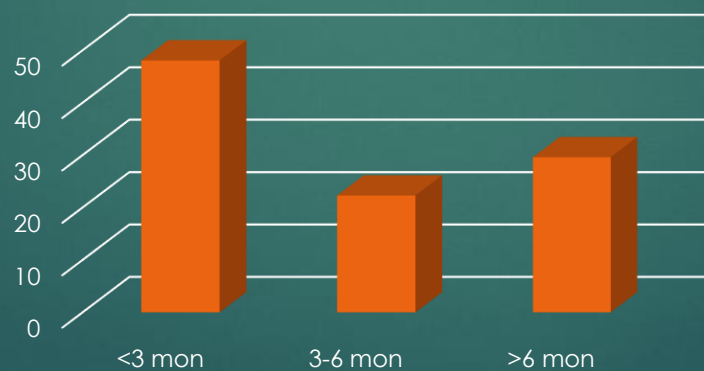
How often do you test your HbA1c



Last HbA1c Value



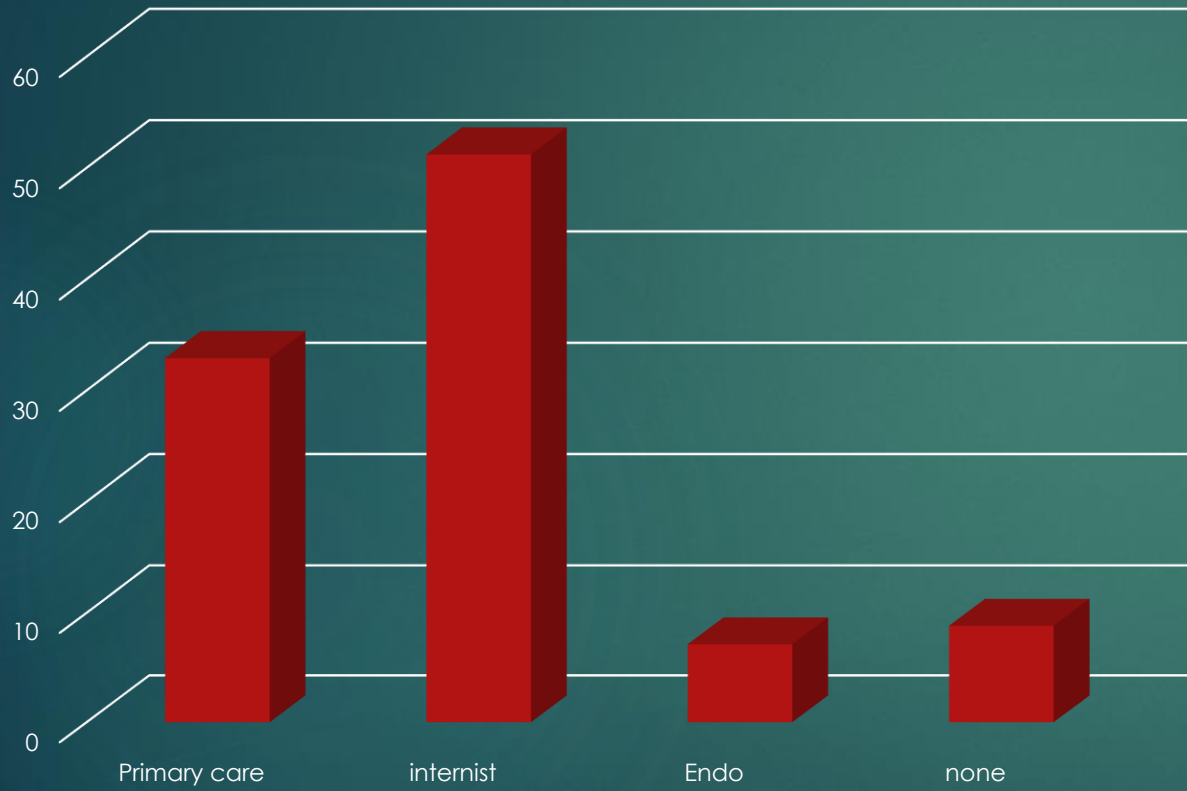
Last time you did HbA1c



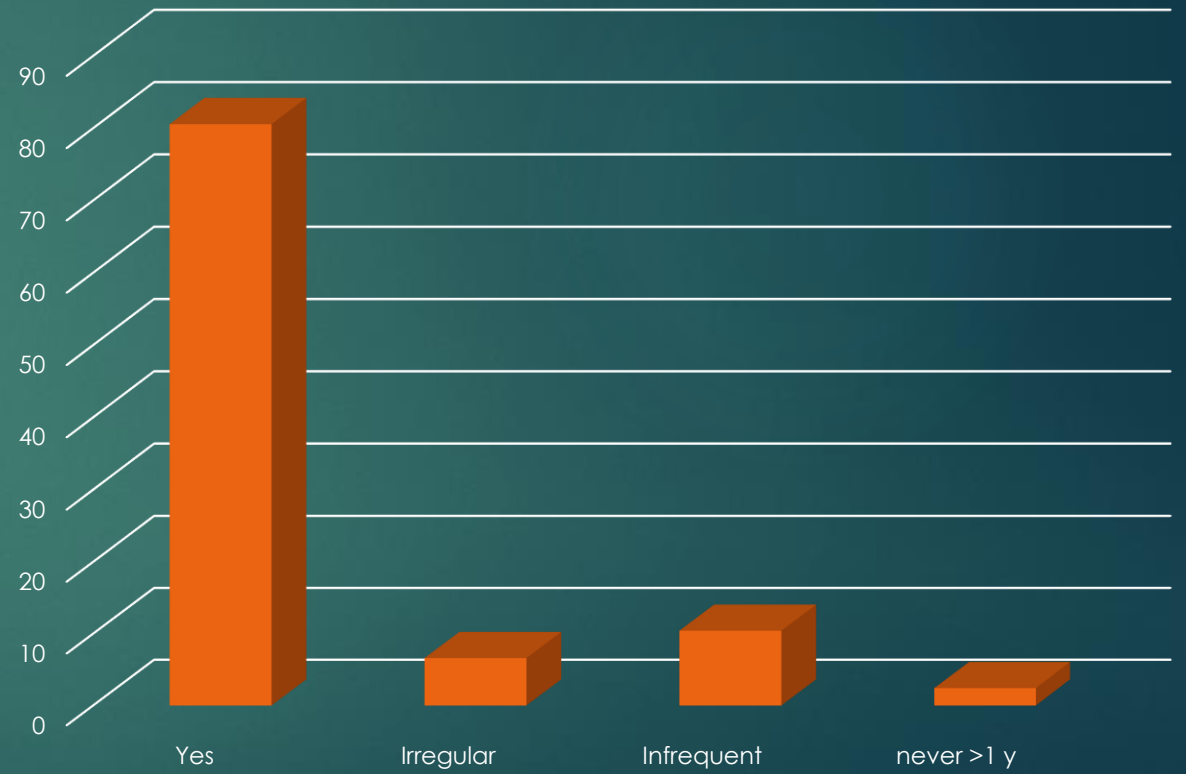




Who is taking care about Diabetes

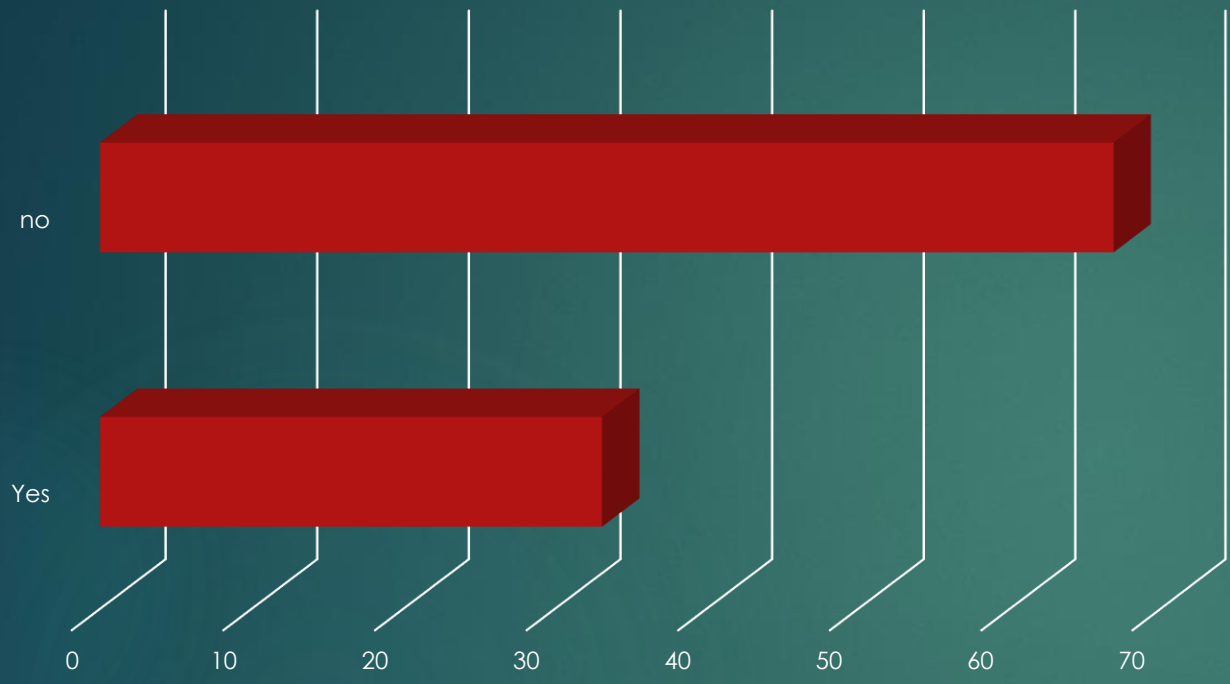


Do You have regular visits to Diabetes Doctor

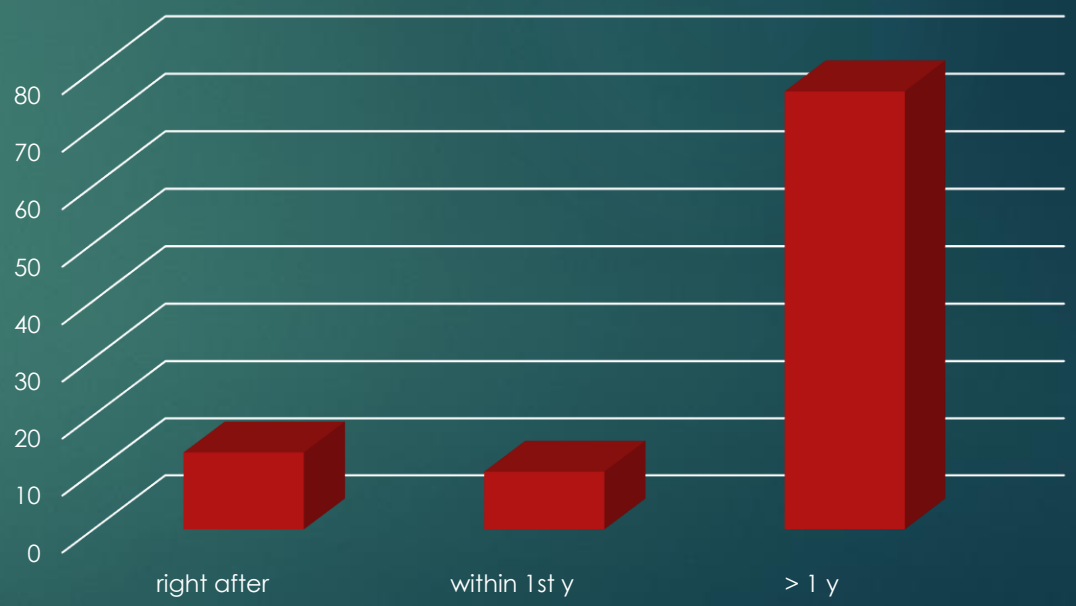




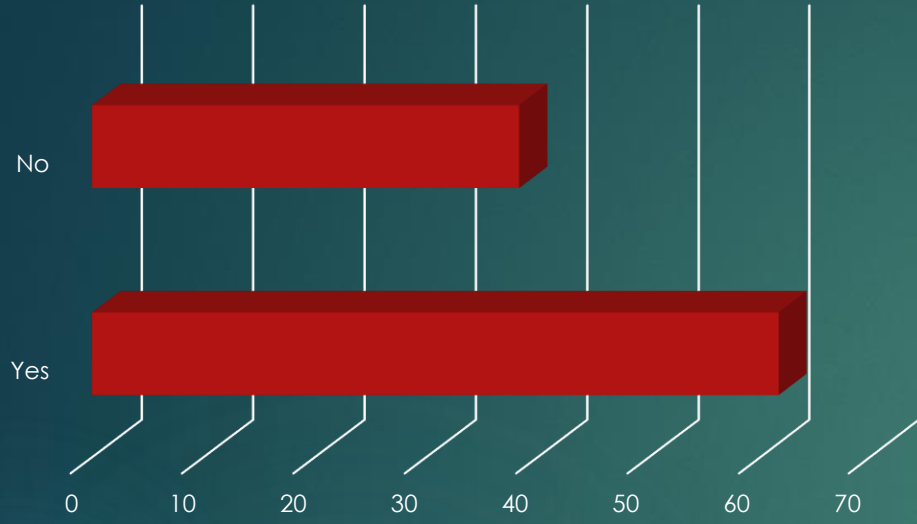
### Have you ever been told about diabetic retinopathy



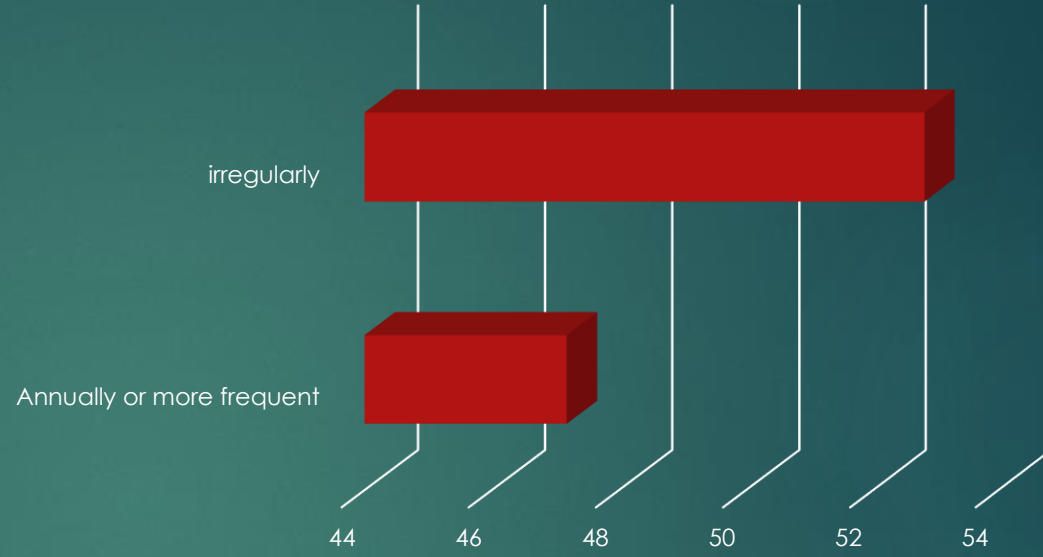
### First retinal exam after diagnosis



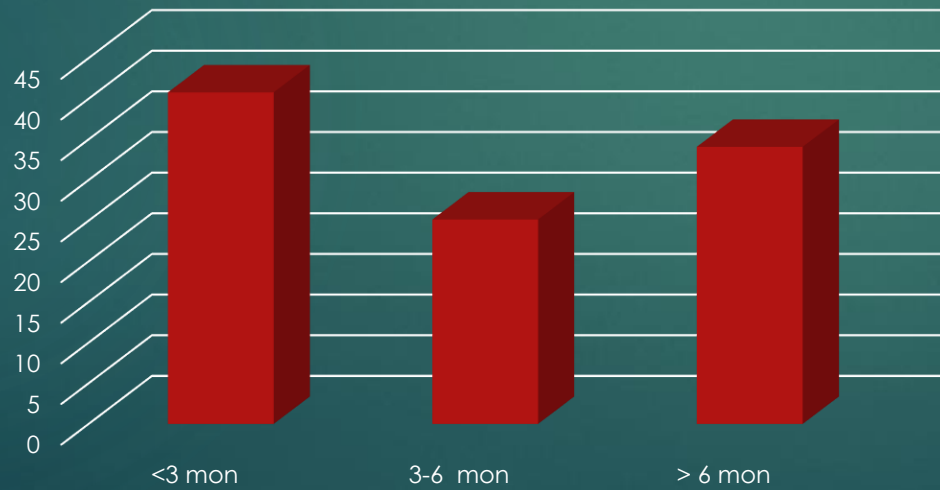
Have you ever done Retinal Exam



How Often



Last retinal exam



# Conclusion...

- ▶ Diabetes is a worldwide epidemic that requires attention from patients, health care providers and governments.
- ▶ In our study, majority of patients were aware about the importance of taking care about their diabetes.
- ▶ Diabetic patients in our sample know very well the importance of metabolic control and are compliant with visiting their diabetic doctor on regular basis.
- ▶ However, the self-reported HbA1c of the majority indicated uncontrolled disease.

# Conclusion...

- ▶ On the contrary, when it comes to DR, our sample showed little knowledge about.
- ▶ Majority of patients in our sample were unaware of DR as a well-recognized complication.
- ▶ If this is the situation in Amman, we expect worse results in other areas.
- ▶ This study shows the importance of a wider awareness studies and re-evaluation of governmental and non-governmental efforts to educate people about diabetic complications.

# Acknowledgement...

- ▶ Special thanks to HU medical students who helped in this study:
  - ▶ Sara Otoum
  - ▶ M. Alzawahreh
  - ▶ Othman Odeh
  - ▶ Ayman Abu Qub'

# References...

- ▶ WHO Diabetes Factsheet <http://www.who.int/diabetes/en/>
- ▶ **Prevalence of blindness and diabetic retinopathy in northern Jordan.** [Eur J Ophthalmol.](#) 2015 Jul-Aug;25(4):320-7. doi: 10.5301/ejo.5000557.
- ▶ The Jordanian Diabetes Crisis.  
<http://www.umich.edu/~ipolicy/Policy%20Papers/diabetescrisis.pdf>
- ▶ <http://www.jordantimes.com/news/local/diabetes-prevalence-among-adult-jordanians-stands-34-cent%E2%80%99>.



إو عدونا تفحصو...





Thank you...