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.
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.
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

- Correct: 60
- Wrong: 30
- Way from correct: 10
- Don't know: 0

Have you ever tested your HbA1c

- Yes: 80
- No: 20
- Not sure/Don't recall: 0

Have you ever tested your HbA1c

- Yes: 80
- No: 20
- Not sure/Don't recall: 0
Have you ever been told about diabetic retinopathy

First retinal exam after diagnosis

- right after
- within 1st y
- > 1 y
Have you ever done Retinal Exam

- Yes
- No

How Often

- Annually or more frequent
- irregularly

Last retinal exam

- <3 mon
- 3-6 mon
- >6 mon
Diabeted 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.
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References...

نوعونا تفحصون..
Thank you...