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## Diabetes mellitus self-management practice among type-2 diabetes mellitus: Contextual analysis among Indonesian communities analysis among Indonesian communities

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This qualitative research aimed at identifying the Diabetes Mellitus Self-Management (DMSM) practice and its contributing barriers among 18 diabetes patients in Polewali Mandar sub-district, Indonesia. In-depth interviews were conducted between 1st January and 30th January 2019. Content analysis was used to analyze the data to verify key answer themes. Results revealed that the majority of respondents aged 30 to 40 years old. Most of patients did not regularly perform the DMSM practice. More than half patients did not strictly practice diet control and lack of physical activity. They still eat like normal people such as eating with high portion size, eat more sweet food, meat mix coconut and drink tea with sugar. They also conducted irregular medication taking, monitor blood glucose when feeling uncomfortable and lack of risk of diabetes complications. Reason for not performing DMSM practice well included patient's attitude and belief on diabetes management, lack of knowledge and skill in DMSM management, low self-efficacy, conflict within and lack of family function to support in DMSM practice. Though healthcare providers had raised awareness on DMSM practice among diabetic patients at Puskesmas, however, loss of follow-up, low skill on diabetes management, media of teaching and burden of working become other barriers to support patients in DMSM practice. Patients with type-2 diabetes mellitus had unhealthy diabetes self-management practice to control blood glucose level.

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