

# QUALITY OF LIFE IN DIABETIC PATIENTS

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## ABSTRACT

### Introduction

Diabetes once considered a disease of the affluent, has now emerged as a universal problem. In the current era when effective methods to enable persons live longer with the disease are on the rise, knowledge of the quality of life in these patients is vital to ensure that they live not only longer but also happier.

### Objective

To study the quality of life of the patients attending the Diabetic Clinic at Medical College, Thiruvananthapuram and analyze the association between quality of life and various socio-demographic disease, and treatment related determinants.

Method : This study used the WHO QOL BREF (WHO quality of the Brief) questionnaire to assess the quality of life and its association with various determinants among patients attending the Diabetic Clinic at Medical College, Thiruvananthapuram . Four domains pertaining to quality of life were considered namely- physical, psychological social and environment.

Results : It was found that age, sex, marital status, education, occupation , treatment and comorbidity has significant influence in the physical domain: age, sex, marital status occupation and treatment in the psychological domain: and co morbidity in the social and environmental domains.

Recommendations: Designing of specific treatment and counseling regimens for different age groups, individual and group counseling sessions for the affected majority of whom were housewives and creation of better awareness regarding prevention and management of co morbid conditions would go a long way in empowering the individuals to a better quality of life