

Factors Affecting Glycemic Control among Patients with Type 2 Diabetes in Bahrain

Dalal Alromaihi, MD* Madona Bastawrous, MB, BCh, BAO**
Diandra Bastawrous, MB, BCh, BAO**

Background: In Bahrain, the prevalence of poor glycemic control among type 2 diabetes patients was found to be high. According to studies, a good glycemic control is defined by HbA1c<7. Good glycemic control is associated with a reduction in microvascular complications.

Objective: To evaluate the factors influencing glycemic control in Bahrain.

Design: A Cross-Sectional Study.

Setting: Endocrinology Clinic, King Hamad University Hospital, Bahrain.

Method: Data from 205 participants were reviewed. Participants were given a questionnaire to answer and their records were reviewed. SPSS was used for statistical data analysis. Patients who did not have HbA1c in their medical records were excluded from the analysis. A total of the 194 patients were included in the study.

Result: Fifty-six (28.9%) had good glycemic control. Factors that significantly affected the mean HbA1c were diet, medication adherence and receiving a combination of insulin and oral anti-diabetic medications.

Conclusion: Poor glycemic control was associated with diet, medication adherence and receiving a combination of insulin and oral anti-diabetic medications. These factors could be a target for future plans and actions, which would achieve a better glycemic control.