

The Awareness and Assessment of Diabetic Retinopathy in Diabetic Patients Attending Ophthalmology Clinics and Hospitals in Abha, Saudi Arabia

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ABSTRACT

Study Design: Cross sectional

Background: Diabetes affects 422 million people worldwide, with the majority living in developing countries. Diabetes is currently one of the world's fourth leading causes of death. Global diabetes estimates for adults over the age of 18 The proportion of people over the age of 65 increased from 4.7% in 1980 to 8.5% in 2014. Diabetes can be controlled so that its consequences are minimized. Diabetic Retinopathy is a leading cause of blindness; this is due to long-term accumulation of damage to small blood vessels within the retina Diabetes is responsible for 2.6% of global blindness.

Methods: In this cross - sectional study data was collected by the purposely constructed questionnaire. Questionnaire composed of the demographic items and items related to the awareness and knowledge about of diabetic retinopathy in diabetic patients Questionnaire was constructed after the series of discussions between the panel of experts this panel composed of from subject specialist, researcher, language expert. Cronbach alpha of the questionnaire was calculated. The study was conducted in the Aseer region of Saudi Arabia.

Results: We have received 434 filled questionnaire so the response rate was 87%. Mean(SD) of the age was 37.8(9.6). 39.4% were females while 60.6% were male respondents.23.7% have HTN as an other chronic disease, 16.4% were smokers, 42.9% have DM duration less than 5 years,26.3% have DM duration more than 15 years.28.6% have more than high school level of education. 70.3% have DM patients in family while 38.5% have more than 7 cumulative sugar level.

Conclusion: The majority of patients get their information from their doctors. These findings highlight the importance of increasing diabetic retinopathy awareness among Saudi diabetics, as well as the importance of annual ophthalmic eye screening.

Keywords: Awareness, Assessment, Diabetic retinopathy, Eye screening

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