

Assessment of Adult Diabetes Mellitus Patients' Experience and Knowledge about Hypoglycaemia and its Management in Saudi Arabia

Amal Khaleel Abualhommos* Fatima Ibrahim Alsaeed* Riam Abdulaziz Alsaqer* Sarah Matar Alanazi* Maitham Abdullah Al Hawaj* EL Walid EL Hassan*

ABSTRACT

Introduction: Hypoglycemia is common complication of diabetes mellitus therapy.

Objective: To evaluate the experience and knowledge of diabetes patients about hypoglycemia and its treatment.

Method: An online cross-sectional survey was conducted from September to October 2022 to assess the knowledge of hypoglycemia and its treatment among adult diabetes patients. The factors impacting adult diabetes mellitus patients' knowledge regarding hypoglycaemia and its care were determined using binary logistic regression analysis, with the patients' mean knowledge score (9.2) serving as the dummy variable.

Results: There was a total of 305 participants in this research. 56.4% of the patients reported having been diagnosed with type 1 diabetes mellitus. Almost 65.0% of them reported requiring help during a hypoglycemic episode in the past. The patients' understanding of hypoglycemia was moderate (57.5% of the total score). The percentage of patients who correctly answered the knowledge questions varied from 15.4% to 71.1%. At least 32.0% of the patients were able to identify at least one method to lower their risk of experiencing low blood glucose. Older patients (aged 41-45 years and over 51 years), those working in the healthcare field or having retired, those with a higher level of education, and those who are widowed were more likely to be aware of hypoglycemia than others ($p \leq 0.05$).

Conclusion: In Saudi Arabia, diabetic individuals had a moderate level of knowledge of hypoglycemia. Patients should be educated on the symptoms and management of hypoglycemic episodes. High-risk populations, such as elderly patients and those treated with insulin, should get special consideration.

Keywords: Awareness; Diabetes mellitus; Hypoglycemia; Knowledge; Saudi Arabia

Bahrain Med Bull 2024; 46 (3): 2329 - 2336

* Pharmacy Practice Department, Clinical Pharmacy College
King Faisal University, Alhasa, Saudi Arabia.
E-mail: aabualhommos@kfu.edu.sa