

# **TITLE:** Prevalence and predictors of uncontrolled type 2 diabetes mellitus in primary healthcare centers in Taif

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#### **ABSTRACT**

### Background:

Chronic complications of uncontrolled diabetes include microvascular issues, such as nephropathy, neuropathy, and retinopathy, and macrovascular complications, such as coronary artery disease, peripheral artery disease, stroke, diabetic encephalopathy, and diabetic foot.

#### Objectives:

The aim of this study was to assess the prevalence of uncontrolled diabetes and its levels and to determine its contributing factors among diabetes mellitus (DM) patients in Saudi Arabia.

#### Methods:

A cross-sectional study was carried out among type 2 diabetic patients who were followed up at primary healthcare centers (PHCCs), under the Ministry of Health, in Taif city in the western province of Saudi Arabia. Data were collected using a formal interview questionnaire consisting of three sections: demographic data, clinical and laboratory data, and \*predictors of uncontrolled diabetes.

#### SCIENTEX CONFERENCES LLC

Results:

The study included 277 type 2 diabetic patients. The prevalence of the uncontrolled disease was 42.2%. Multivariate logistic regression analysis found that using therapy for immunological disorders [odds ratio (confidence interval, "CI"): 1.23 (1.07-3.59), p-value = 0.042) and having a DM duration of more than 15 years [odds ratio (CI): 2.15 (1.99-4.58), p-value= 0.0031 were risk factors for uncontrolled DM.

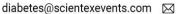
#### Conclusion:

Most of type 2 diabetic patients who were followed up at PHCCs had uncontrolled DM. Therefore, organizing an educational program for diabetic patients regarding the importance of keeping glycemic control and factors that could affect it is warranted.

## Keywords:

Prevalence, predictors, uncontrolled, type 2 diabetes mellitus, Saudi Arabia.

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