

## **PP 37- Patient Related Factors Affecting Accuracy of Fasting Blood Sugar Value among People with Type 2 Diabetes Mellitus**

Kelaniyabandara K.W.K.B.C.L., De Silva W.K.P., Rathnayaka R.T.D.K.,  
Adikari A.M.S.P., Nuwansala H.U.C.<sup>#</sup>, Priyanthi W.N.

*Department of Nursing, Faculty of Health Sciences, The Open University of Sri Lanka*

*<sup>#</sup>Corresponding author: cnuwansala@gmail.com*

**Background:** The prevalence of type 2 diabetes and its complications have risen in Sri Lanka. Although the HbA1c is the most accurate investigation for testing glycaemic control, Fasting Blood Sugar (FBS) test is the most common and the lowest-cost investigation.

**Objectives:** To investigate patient related factors affecting accuracy of Fasting Blood Sugar value of people with type 2 diabetes mellitus in diabetic clinic in District General Hospital (DGH), Gampaha in Sri Lanka.

**Methodology:** A cross sectional quantitative approach with a descriptive design was utilized in this study. A validated self-administered questionnaire was used for data collection among 200 patients with type 2 diabetes mellitus aged above 40 years. Data analysis was done by using the SPSS Version 16.0.

**Results and conclusions:** Minority of patients (28.5%) stated that average level of FBS in diabetes patient should be 80-110 mg/dL. Approximately two-thirds of the participants, 63.5% has identified the correct number of hours need to be fasting for FBS test. When considering the overall knowledge level, only 30.5% possessed good knowledge level regarding FBS test. The majority of respondents (84.5%) visit the diabetic clinic and 78% do the test of FBS once a month. Among participants, 91% have taken usual diet on the previous day of the FBS test and 96% have not taken any kind of food or drink during fasting period. Among the participants 54% of the patients were having misconceptions. FBS results showed that 62% of them were not having controlled diabetes mellitus. The results drawn from this study lead to the conclusion of that the type 2 diabetes patients are having an unsatisfactory knowledge regarding FBS test and demonstrated satisfactory practice level. Results revealed that high rate of diet related misconceptions, specially herbal treatment are used for reducing blood sugar.

**Keywords:** Type 2 DM, fasting blood sugar, knowledge, practices, misconceptions