

Health-Related Quality of Life in Patients with Type-2 Diabetes Mellitus

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Abstract

Aim: The aim of the study was to find out the quality of life in patients with type-2 diabetes mellitus. **Material and Method:** A descriptive survey design was conducted among 100 Type-2 diabetic patients attending Rajah Muthiah Medical College and Hospital, Chidambaram Tamilnadu for a period of one year. Information regarding socio-demographic characteristics like age, gender, occupation, personal history, education, etc. was collected in pretested proforma by interview method. Assessment of QOL of life was done using the Quality Of Life Instrument for Indian diabetic [QOLID] questionnaire. The data entry and statistical analysis were done using Microsoft Excel and SPSS22 version. Data collected from the patient in QOL were analyzed using descriptive statistics. **Results:** Among 100 study participants majority, 45% belonged to age group of 51-60years, 63% were female, 49% belonged to lower socio-economic class according to BG Prasad classification, 82 percent were married, 49% were overweight, 51% were having family history of diabetes, 50% were having visual impairment, 92% were on oral hypoglycemic medication the mean total of QOLID questioner score in physical health was 19.0, physical endurance 18.33, general health 7.09, treatment satisfaction 12.4, symptom bothered 10.7, financial worries 13.44, mental health 14.5 and diet satisfaction 8.44. However, the study result shows that the physical component was more affected in diabetic patients. **Conclusion:** This study observed Physical component was affected in diabetic persons. The study concluded that patients with Type-2 diabetes mellitus had relatively impact in health-related quality of life (PH, PE & GH) domains and unsubstantial in diabetes-specific quality of life (SB, TS FW, MH&DS) domains.

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Key Words: Diabetes Mellitus, Quality of life, Quality Of Life Instrument for Indian Diabetes

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