SELF-EFFICACY, SELF-CARE BEHAVIORS AND GLYCEMIC CONTROL AMONG TYPE-2 DIABETES PATIENTS ATTENDING TWO PRIVATE CLINICS IN YANGON, MYANMAR

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Abstract. This cross-sectional study aimed to estimate the prevalence of glycemic control and its associated factors among type-2 diabetes patients attending two private clinics in Yangon, Myanmar. Two hundred sixty-six diabetes patients attending two private diabetes clinics in Yangon during February and March, 2009 were included in the study. The participants completed a structured questionnaire. HbA1c was used as the index for glycemic control. The prevalence of successful glycemic control (HbA1c ≤ 7%) was 27.1%. The median HbA1c value was 7.8%. About 62.0% of patients had high self-efficacy levels, and 30.8% had good self-care behavior. Multiple logistic regression analysis revealed four variables associated with glycemic control: age ≥ 60 years (OR 2.46, 95%CI 1.17-5.21), taking one oral hypoglycemic agent (OHA) (OR 2.56, 95%CI 1.26-5.19), being overweight (OR 2.01, 95%CI 1.02-3.95) and having a high self-efficacy level (OR 5.29, 95%CI 2.20-12.75). Interventions to increase diabetic patient self-efficacy levels and self-care behavior, especially related to diet and exercise, are needed to reduce poor glycemic control.

Key word: self efficacy, self-care behavior, glycemic control, diabetes, Myanmar