

Quality of life and its associated factors among patients with type 2 diabetes mellitus residing in Kalutara district

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Introduction - Type 2 Diabetes Mellitus (T2DM) is a health concern that significantly impacts quality of life (QOL) globally as well as in Sri Lanka. In the Kalutara district however, there is limited research on QOL and its associated factors among T2DM patients which is crucial for implementing effective interventions. The objective of our study was to assess the quality of life and its associated factors of type 2 diabetes mellitus patients attending the diabetic clinic at Teaching Hospital, Kalutara.

Materials and Methods - A descriptive cross-sectional study was conducted among systematically selected patients attending the diabetic clinic of Teaching Hospital Kalutara. A self-administered questionnaire was used. Associations were assessed using chi-square tests at $p < 0.05$ significance level.

Results - The response rate was 96.75%. Poor QOL was found in 56.3% of the participants. Association with poor QOL was found with poor education ($p < 0.001$), physical inactivity ($p < 0.001$), urban/estate residence ($p < 0.001$), easy access to primary ($p = 0.001$) and secondary healthcare ($p = 0.002$), employment ($p = 0.003$), smoking ($p = 0.003$), poor medication adherence ($p = 0.003$), dyslipidaemia ($p = 0.005$), obesity ($p = 0.016$) and coexisting dyslipidaemia and hypertension ($p = 0.021$).

Moreover, T2DM-related complications correlated with specific QOL domains: foot ulcers with physical QOL ($p = 0.034$); polyuria with psychological QOL ($p = 0.009$); neuropathy ($p = 0.033$), polyuria ($p = 0.002$), foot ulcers ($p = 0.004$), and bone/joint disease ($p < 0.001$) with environmental QOL.

Discussion - Poor QOL is prevalent among T2DM patients registered at the THK, with various socio-economic factors, lifestyle-related factors, diabetes related complications and comorbidities, and health-related factors being associated with it. While providing a snapshot view of the context, the study findings emphasize that integrated healthcare methods that prioritize lifestyle changes, psychosocial support and enhanced healthcare accessibility for regular screening and early detection are necessary to improve the QOL of T2DM patients in Kalutara District.

Keywords - Diabetes mellitus, Quality of life, associated factors, Teaching Hospital Kalutara, Sri Lanka.