

# Specificity of Diabetes in Central Hospital Nampula, Mozambique



**Madhumati Varma\***

*Ministry of health Mozambique, Central Hospital Nampula, Mozambique*

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**\*Corresponding author:** Madhumati Varma, Ministry of health Mozambique, Central Hospital Nampula, Mozambique, Tel: 00258828280864; Email: madhumativarma@gmail.com

## Introduction

The patient of diabetes in Central hospital Nampula, had been increasing day by day. There were seen effect of education on control of diabetes in OPD of Diabetes in hospital Central Nampula. During study, detailed demographic parameter of patients were taken which has its own specificity and importance.

## Methods

There were 648 of the patients of diabetes mellitus taken for study in out-patient consultation of diabetic clinic in hospital central Nampula, participates evaluated for age, sex, type of Diabetes, complication and type of treatment taken. The information taken before starting 1<sup>st</sup> session of education.

## Results

The present study found that educational intervention of diabetes had the highest prevalence of diabetes in 41 to 60 years of age group (54.5%), the percentage of patients with male higher (56%) then female (42.1%), diabetes mellitus type 2 had the highest prevalence (87.5%) compared to diabetes mellitus type 1 (5.1%), Hypertension was the most frequently complication of diabetes mellitus (39.7%); the least frequently complication was diabetic gastropathy (0.2%) and oral anti-diabetic medications (28.9%) more frequent used compared to insulin (15.0%) and diet-alone for control of diabetes (7.4%).

## Discussion

### Age

The percentage of patients with 1-20 years of age (3.2%), 21 to 40 years of age (17%), 41 to 60 years of age (54.5%), 61 to 80 years of age (20.4%), 81 to 100 years of age (.5%) and missing information (3.5%). In sub-Saharan Africa age 20-44 and 45-64 years more frequent in diabetes [1,2].

### Sex

The percentage of patients with male higher (56%) then female (42.1%) and missing information of (1.9%). Compared

with study in south Africa similar frequency of diabetes in both sex [3].

## Type of diabetes

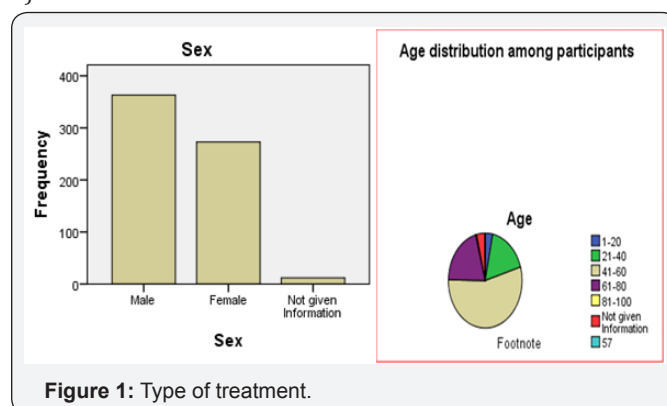
The results showed that diabetes mellitus type 2 had the highest prevalence (87.5%) compared to diabetes mellitus type 1 (5.1%). The diabetes pandemic, consisted mainly of type 2 mentioned by previous study [4].

## Complication

Hypertension was the most frequently complication among patients of diabetes mellitus (39.7%); the least frequently reported was diabetic gastropathy (0.2%). Previous studies showed that, the cardiovascular disease (CVD) is the most significant cause of death in the diabetic population [5].

## Type of treatment

Type of treatment were oral anti-diabetic medications (28.9%), insulin (15.0%) and diet- only control (7.4%) (Figure 1).



**Figure 1:** Type of treatment.

## Conclusion

The present study found that during educational intervention on diabetic patients, also taken basic data on demographics which

showed, highly prevalence of age 41-60 years, male predominant compare to female, type 2 diabetes high percentage as compared to type 1 diabetes, most frequent complication hypertension, and most frequent patients controlled their diabetes on oral hypoglycemic agents.

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