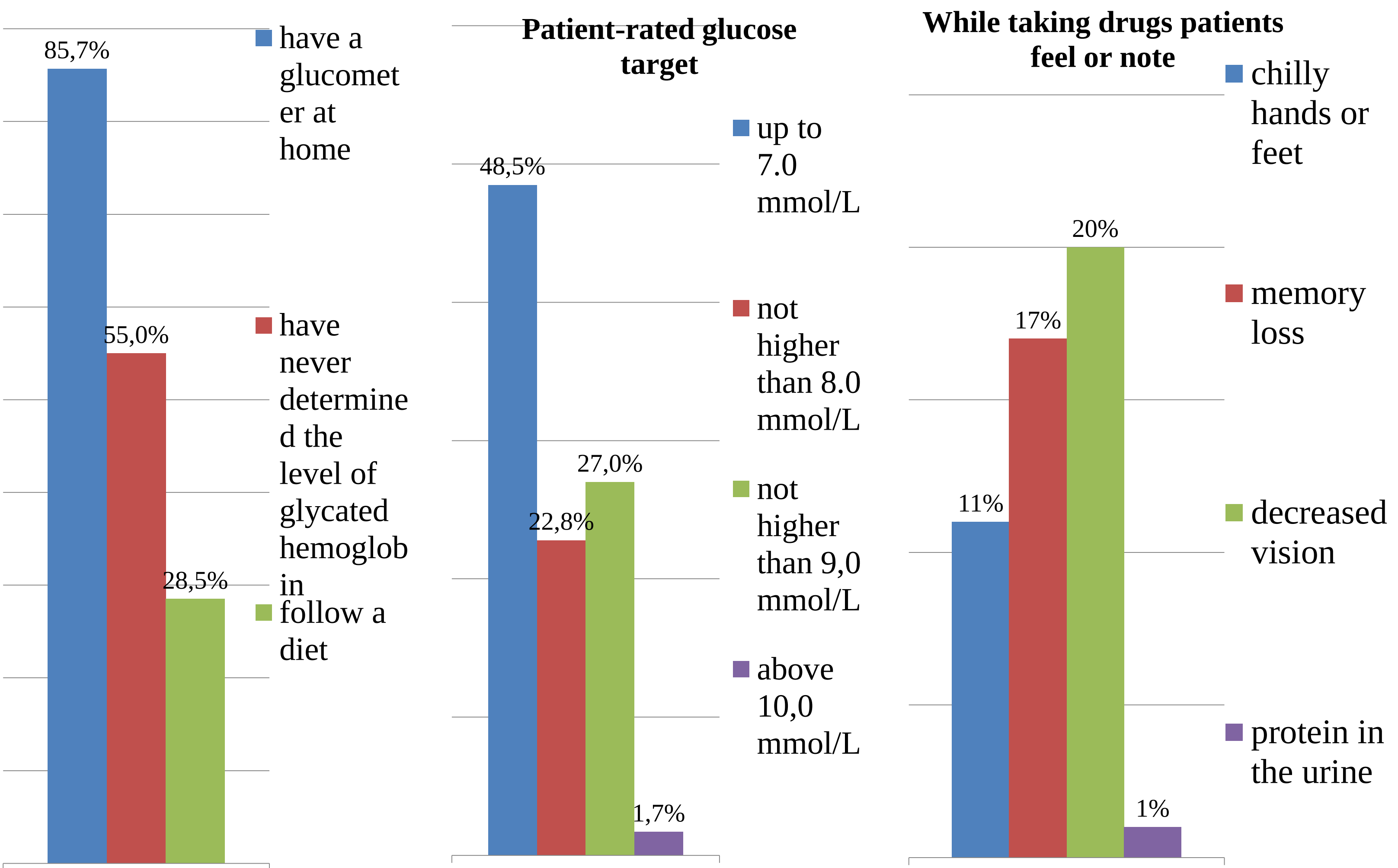


The Quality of Self-Management of Type 2 Diabetes Mellitus By Patients

Zh. Bekbergenova, D. Akhmetova, A. Zholdybay, A. Bazarbay, A. Issa,
N. Kozhabayeva, A. Nurzhan, B. Azimberdi, A. Mergeneva, A. Salimova, V. Kalina
NCJSC “Astana medical university” , Nur-Sultan, Kazakhstan

OBJECTIVES: To monitor the management of type 2 diabetes
METHODS: We conducted a cross-sectional study among 200 patients with type 2 diabetes mellitus of primary health care organizations in Nur Sultan
RESULTS: 3% of the female patient were surveyed, 37% of the male. By age, respondents are represented in the following age groups: 40-49 years -11%, 50-59 - 23%, years 60-69 - 12%, up to 75 years old - 45%, 75years -8%, 80 years-1% .
According to 53% of respondents, suffer from diabetes for about 10 years, more than 10 years - 47%.



Of the sugar-lowering drugs, patients most often take the drugs of the biguanide group - 65% (Gluconil, glucoflash, Siofor), sulfonylureas (Glidia, diabeton, amaryl) - 34%. According to respondents, the drugs they take have high efficacy at 20%, average efficacy - 42.8%, low efficacy - 17%.

CONCLUSIONS: Not all patients have a portable glucose meter to monitor glucose. Almost half of the respondents did not donate glycated hemoglobin. Only ¼ of the respondents follow a diet

Contact person: MD, PhD-student
Zhanagul Bekbergenova,
zhanna_bekbergen@mail.ru