

## **A STUDY TO IDENTIFY THE FACTORS ASSOCIATED WITH READMISSION OF PATIENTS SUFFERING FROM DIABETES MELLITUS IN A SELECTED HOSPITAL, MANGALORE**

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### **ABSTRACT**

#### **INTRODUCTION:**

Diabetes is one of the major health problems. It is a disease known to the medical world since time immemorial. Its incidence is however much higher at present than it had been even in the past. Diabetes mellitus is the seventh leading cause of death owing to disease in United States. Each year about 1,50,000 people die from diabetes mellitus and its related complications.

#### **NEED:**

Diabetes Mellitus is a chronic illness that imposes a tremendous health and social burden worldwide (Vincor, 1991)

Diabetes is a growing threat to global public health and affects all of society regardless of age, sex, ethnicity or race moreover diabetes and its related complications inflict destruction at all stages of life. Health care professionals need to recognize the magnitude and seriousness of this disease and act as a catalyst in providing care to those individuals with Diabetes and prevent readmission (Fain, 1993)

Repeated Hospital admission is a serious problem for the patient and health care system. Diabetes mellitus is a chronic illness which cannot be cured but can be controlled with diet, drugs, exercise & education in which readmission can be reduced.

## **STATEMENT OF THE PROBLEM:**

“A Study to identify the factors Associated with Readmission of Patients Suffering from Diabetes Mellitus in a selected Hospital, Mangalore”.

## **OBJECTIVES:**

The main objectives of the study are:

- 1- To identify the various factors associated with readmission of patients with Diabetes mellitus in terms of personal variables and complications.
- 2- To identify the frequency of readmission in relation to various factors associated with readmission.

## **ASSUMPTION :**

- It is assumed that Diabetes patients have some factors associated with their illness for readmission to the hospital.
- It is also assumed that there is a relationship between some factors and readmission of diabetic patients.

## **CONCEPTUAL FRAME WORK:**

Conceptual frame work provides knowledge to improve, practice and identify the domain and goals of Nursing practice.

The study aims at identifying factors associated with readmission of patients with Diabetes mellitus.

In the frame work the factors influencing Diabetic patients for readmission are categorized into three main sub groups namely lack of control of Diabetes mellitus, Late and immediate complications of Diabetes mellitus and personal Variables.

## **METHODOLOGY:**

### **Approach and Design:**

The research approach followed was descriptive in nature.

### **SAMPLE AND SAMPLING TECHNIQUE:**

The sample size was 50 diabetic patients readmitted in medical and surgical wards. Purposive sampling technique was used for selecting the sample for the study

**SETTING:** The study was conducted in the Medical and Surgical wards of selected hospital in Mangalore.

### **SAMPLING CRITERIA:**

#### **INCLUSION CRITERIA:**

- All the adult patients with diabetes mellitus admitted in the ward during the study.
- Both male and female patients admitted in medical and surgical wards.
- Those who are willing to participate in the study.
- All those who have been admitted for second and subsequent time due to diabetes mellitus were included in the study.
- All those who could speak Kannada and English were taken for the study.

#### **EXCLUSION CRITERIA:**

- Patients who were newly diagnosed.
- Patients who were critically ill, unconscious and disoriented.

### **DESCRIPTION OF THE TOOL:**

The tool for data collection has three Section A, Section B and Section C

Section 'A' consists of personal variables of patients.

Section 'B' consists of data related to disease.

Section 'C' consists of data related to readmission due to diabetes mellitus.

### **DATA COLLECTION PROCEDURE:**

Prior, to the data collection permission was obtained from the district surgeon and medical superintendent of a selected hospital Mangalore. Further permission was obtained from the subjects. The total period of data collection was 15 Days.

Before interview, the purpose of the interview was explained to the patients with self introduction. The confidentiality of the patients response was ensured, to encourage their free judgment and comments. Time taken for obtaining information from patients was 20 to 30 minutes.

### **DATA ANALYSIS:**

Data analysis was done by using descriptive and inferential statistics.

### **RESULTS:**

1. The present study shows readmission of patients with Diabetes Mellitus was highest i.e. 19 (38%) in the older age group of 51-60 Years. There were 11 (22%) patients with diabetes mellitus in 60 years & above age group.
2. Out of 50 patients readmitted with Diabetes mellitus there were 38 (76%) Males & 12 (24%) females. Risk factor for readmission was common in Males than in Females.
3. Regarding education 6(12%) of the patients had schooling for less than seven years of education & 94 % of the patients were from lower income (Less than 1000) group & it shows that risk of readmission was associated with poverty and socioeconomic status.

4. The present study's findings reveal that 30 (60%) of the patients were suffering from 1-5 years of duration & 9 (18%) of the patients were suffering from 16-20 Years. Hence it showed that duration of the illness is one of the factor for repeated admission.
5. In the present study out of 50 patients readmitted with diabetes mellitus 11 (22%) of patient were readmitted for control and evaluation of diabetes mellitus & remaining 39 (78%) were admitted for Diabetes with complications.
6. In the present study it is observed that 9 (18%) patient were readmitted with non healing ulcers.
7. In the present study shows that 8 (16%) of patients suffered from Diabetes with retinopathy which is the leading cause of Blindness.
8. The findings of the study also revealed that 5 (10%) of the patients had hypertension with Diabetes for repeated admissions.
9. The present study shows that 2 (4%) patients suffered from Diabetic nephropathy, which is one of the complications associated with Diabetes Mellitus in readmission.
10. The findings of the study showed that 33 (66%) patients were labourers & 2 (4%) patients were Govt. employees among readmitted patients with Diabetes Mellitus. Statistically there was association between readmission & occupational status.

## **CONCLUSION:**

The study findings concluded that all the patients in the study group had certain personal factors for readmission such as age, sex, education , occupation , income duration of illness and complications related to diabetic mellitus which had more influence on readmission .Hence there is a need to educate the patients with diabetes mellitus through planned ongoing health teaching in terms of diet, drugs and exercises to prevent complications and thereby reduce readmission.

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