



## FACTORS ASSOCIATED WITH SELF-CARE PRACTICES IN USERS WITH DIABETES MELLITUS OF INDECO HEALTH CENTER IN CHILPANCINGO GUERRERO

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### ABSTRACT

**Objective:** to determine the factors associated with self-care practices in users with Diabetes Mellitus at the Indeco Health Center.

**Method:** quantitative, descriptive correlational, cross-sectional, two instruments were used, the first to measure the lifestyle in people with diabetes (IMEVID) and the test to evaluate self-care practices in this disease. The population studied was the 55 users diagnosed with diabetes.

**Results:** the predominant sex was of women with 85.5% and 14.5% in men; at the school level 41.8% have primary school studies, 25.5% have no studies; 61.8% are in a low economic income, in the lifestyle it was found that 65.5% have a regularly desirable lifestyle, 18.2% manifest undesirable behavior and 16.4% correspond to a desirable behavior. In the practices of self-care, 54.5% referred a good practice and 45.5% regular, the deficit of self-care was presented by 61.8% in the exercise, 3.6% for the care of the feet and 1.8% in the medical control. A significant association was found between sex and medical control ( $r = .030$ ,  $p < 0.05$ ), place of origin and foot care ( $r = .000$ ;  $p < 0.05$ ). With respect to self-care practices and lifestyle spheres, significant association was found in information on diabetes ( $r = .043$ ;  $p < 0.05$ ) with therapeutic adherence ( $r = .013$ ;  $p < 0.05$ ). , thus having a correlation between lifestyle and self-care practices ( $r = .011$ ;  $p < 0.05$ ). Conclusions: the attitudes and habits evaluated directly influence a predisposing association towards self-care practices and therefore the maintenance of their health. Recommendations: The results of the study can be useful in nursing care to innovate and adapt the teaching methods based on a dialogue in a way that is understandable to people, considering that socioeconomic conditions are varied according to the region and corroborated by observation that the practice executed by the user with diabetes is adequate, besides generating the option to investigate this problem from a qualitative approach.

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### INTRODUCTION

Currently, diabetes mellitus represents one of the main causes of morbidity and mortality. In addition, the World Report on

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Diabetes (2016) exposes the consequences or damage to physical integrity such as "visual impairment, kidney damage, alkalosis, myocardial infarction, accidents cerebrovascular and lower limb amputations", so there is great demand for health services and trained professionals to treat this chronic disease. diabetes mellitus represents one of the main causes of morbidity and mortality, due to this the International Diabetes

Federation (FID,2015) has cataloged it as a "global emergency, with great impact on the health, economic, political and social system" In addition, the World Report on Diabetes (2016) exposes the consequences or damage to the physical integrity of the person, such as blindness, kidney damage, alkalosis, myocardial infarction, cerebrovascular accidents and lower limb amputation. Moreover, projections indicate that in 2025 the number of people who will suffer diabetes in America will increase to 64 million, of which 40 million will correspond to Latin America and the Caribbean.

In America, the number of people suffering from diabetes (ADA, 2015) mellitus was estimated at 35 million in the year 2000, of this figure, 19 million, or 54%, lives in Latin America and the Caribbean. The reality is that patients with diabetes have higher rates of coronary disease, retinopathy, neuropathy and nephropathy due to lifestyle and other factors. The problem posed by this condition must have as main line the permanent self-care of the person, and go beyond the simple administration of insulin or an oral hypoglycemic agent; also needing the intervention of several experts including nurses, doctors, nutritionists, podiatrists, cardiologists, psychologists, and even physical trainers. (Cruz,et al 2014)

The World Diabetes Report (2016) warns that the sequelae such as "blindness, kidney damage, alkalosis, myocardial infarction, cerebrovascular accidents and lower limb amputation" due to diabetes mellitus are increasing, despite the recommendations and the information that is provided about self-care, derived from this, both the health system, family members and the person carry out large economic expenses, in addition to increasing the demand for health services and more qualified professionals to treat this disease. (IDF, 2015)

General objective: To determine the factors associated with self-care practices in users with Diabetes Mellitus at the Indeco Health Center.

**METHODOLOGY**

The design of the study was quantitative, descriptive, correlational, and cross-sectional, the study population was 55 users with diabetes from the Indeco health center in the city of Chilpancingo, Guerrero. It was not necessary to obtain a sample since the total population was taken.

The dependent variable was self-care practices, evaluated through five indicators: medical control, diet, exercise, foot care and ophthalmological control. The independent variables were sociodemographic factors and lifestyle.

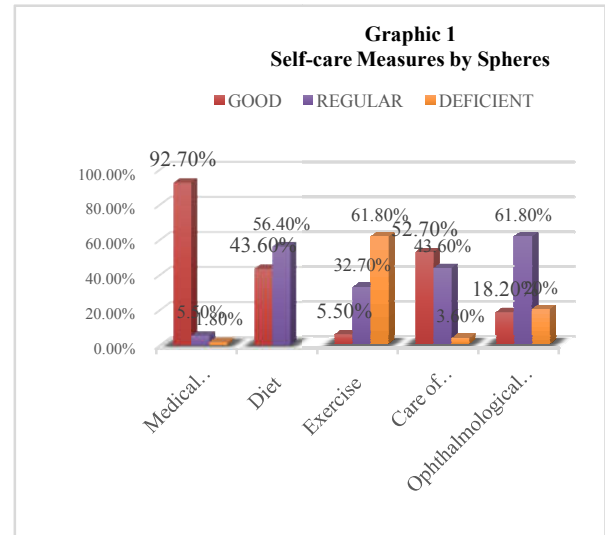
The technique used was the interview with the support of two instruments, one called IMEVID elaborated by López *et al.* (2003) to measure lifestyle in outpatients with Diabetes mellitus, grouped into seven domains: nutrition, physical activity, tobacco consumption, alcohol consumption, information on diabetes, emotions and therapeutic adherence.

To evaluate self-care practices, the practical self-care test for diabetic patients prepared by Fernández and modified by Arias and Ramírez (2013) was used, it was divided into 5 spheres; medical control, diet, exercise, foot care, ophthalmological control. The data was captured in the statistical package Statistical Package for the Social Sciences (SPSS) version 20 univariate analysis was performed for the description of the quantitative and qualitative variables using frequency and percentage evaluated in Likert scale, for the bivariate analysis

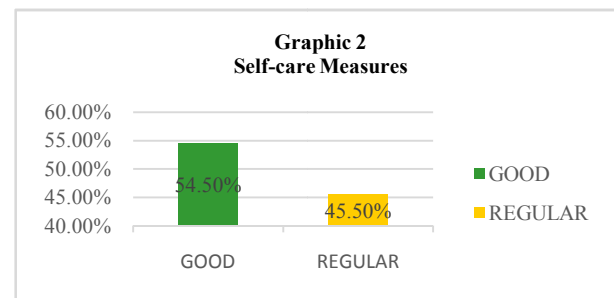
the description of Association variables using contingency tables with the Chi square test.

**RESULTS**

In a general way contemplating the five spheres of self-care practices, it is determined that 92.7% have good medical control, in the sphere of exercise 61.8% have poor control, 61.8% are in regular ophthalmological control in the same way in the sphere of diet with 56.4%.



Source: Users of Health Center. Indeco, Chilpancingo, Gro, June 2017  
Of the 55 participants 54.5% have good self-care practices, 45.5% in regular self-care practices.



Source: Users of Health Center. Indeco, Chilpancingo, Gro, June 2017

**Bivariate analysis**

In the cross between lifestyle variables with self-care practices, finding significance in the diabetes information with .043, since this involves attendance at talks and if the persons tries to obtain more information about their illness, it was found significance of .013 in therapeutic adherence, this involves an effort to control their diabetes, if they follow a diet, if they forget to take their medications and follow the medical instructions that are indicated for self-care, being these practices conducive to self-care.

**Table No 1** Association of lifestyle spheres with self-care practices

Variable Lifestyle	Chi2	Significance
Nutrition	4.191 <sup>a</sup>	.123
Physical activity	2.194 <sup>a</sup>	.334
Tobacco use	.576 <sup>a</sup>	.448
Consumption of alcohol	3.678 <sup>a</sup>	.055
Information about diabetes	6.298 <sup>a</sup>	.043
Emotions	.315 <sup>a</sup>	.854
Therapeutic adherence	8.621 <sup>a</sup>	.013

Source: Users of Health Center. Indeco, Chilpancingo, Gro, June 2017

A cross between variables was carried out in a general way between self-care practices and lifestyle, having a result of .011 which indicates a significant association between these two variables and that a better lifestyle improves self-care practices.

**Table No 2** Association of self-care practices with

Chi2	Significance
9.110 <sup>a</sup>	.011

Source: Users of Health Center. Indeco, Chilpancingo, Gro, June 2017

## Discussion

In the lifestyle when being evaluated it was found that in the domains that were most affected were: information about diabetes (81.8%), physical activity (74.5%) and emotions (43.6%), are found in undesirable behaviors, in a similar study conducted by Quiroz *et al.* (2016) lifestyle shows that nutritional status (96.8%), Tobacco consumption (96.8), Alcohol consumption (89.2) are unhealthy, which indicates that these last two domains are determinants in the unfavorable lifestyle in patients with Diabetes, and on the contrary in this investigation these domains were found with a regularly desirable behavior, which means that despite using the same instrument the results vary because the population is not the same and depends on the environmental, social, cultural characteristics and the environment in which each person develops.

Of the 55 participants surveyed for this study, 54.5% reported a good practice of self-care and 45.5% regular, the self-care deficit was presented by 61.8% in the exercise, 3.6% in the care of the feet and 1.8% in the medical control unlike Merchán F. (2014) noting that the deficit of self-care was presented by 49.8% for the care of the feet, 26.6% for the exercise and 6.2% in the medical control, as can be observed there are significant differences in self-care, since in this investigation the care of the feet and the medical control were maintained in good behavior, it should be noted that when performing the association of practices with lifestyle, an association was found ( $r = .011$ ,  $p < 0.05$ ) in which it can be affirmed that a better lifestyle improves the self-care practices of the people with diabetes.

## CONCLUSIONS

There is a clear association between lifestyle and self-care practices ( $r = .011$ ;  $p < 0.05$ ), as well as some sociodemographic variables such as sex, with medical control and place of origin with care of the feet, thus concluding that The attitudes and habits evaluated directly influence a predisposing association towards self-care practices and therefore the maintenance of their health.

## Recommendations

The results of the study can be useful in nursing care to innovate and adapt the teaching methods based on a dialogue in a way that is understandable to people, considering that the socioeconomic conditions are varied according to the region and corroborate through the observation that the practice performed by the user with diabetes is adequate.

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