

Practices regarding use of insulin among diabetic patients in selected hospitals in Colombo district

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Diabetes mellitus has become a rapidly growing threat and an urgent public health issue all over the world. Due to the key role played by Insulin in managing blood sugar levels, it has become an important part of diabetes treatment. The objective of the study was to assess the practices of Insulin use among diabetic patients which can be used effectively for better glycemic control in diabetic patients in the future.

A cross sectional descriptive study was conducted among diabetes patients aged 18 years and above who were on insulin, attending diabetic or medical clinic in five hospitals in Colombo district. A pretested, interviewer-administered, structured questionnaire was used to collect data.

Out of the total 400 respondents, 78.3% had injected exact amount of Insulin which was prescribed for them. Slightly more than half (51.0%) of the study subjects had shaken their Insulin vial using the pill rolling movement. Nearly half of the respondents (49.5%) had noticed darkness/stiffness or scaring at the site of injection. Among the total study population, the common injection sites were thigh (63.2%) and upper arm (63.0%). The most common equipment used to administer Insulin was vial and syringe (74.0%). The majority of study subjects (88.8%) did not skip meals after injecting insulin. Nearly two thirds of the total participants (65.8%) missed their insulin doses due to different reasons. Among them the most common reason was staying out of home (46.5%) There was a significant association between missing insulin and staying out of the home ($p=0.000$). Only one fifth of the total population (20.8%) had done exercises and among them 12.5% had done exercises daily, showing that there was a considerable proportion with poor practices i exercising. There is a significant association between education level and patient confidence on self- administration of Insulin ($p=0.044$).

In some questioned areas practices regarding Insulin therapy can be satisfied. Yet there are areas which need to be further improved. This can be achieved through provision of careful counseling by amalgamation of all healthcare professionals.