

EVALUATION OF HEALTH-RELATED QUALITY OF LIFE IN ELDERLY DIABETIC OUTPATIENTS

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Objective: to assess the health-related quality of life (HRQoL) and identify associated factors in elderly diabetic outpatients.

Materials and methods: A cross-sectional study was conducted at Outpatient Department of National Geriatric Hospital from July to November 2015. Information about socio-demographic, health status and quality of life (measured by EQ-5D-3L and EQ-VAS) was collected. A stepwise tobit regression was used to exploit associated factors with patients' quality of life.

Results: 171 diabetic patients participated in this study with average age is 69.4 ± 6.8 . 78 patients (49.1%) had duration of diabetes more than 10 years. The rate of co-morbidity was 93%. The mean score of the EQ-5D was 0.8 ± 0.2 (UK-TTO) and the average VAS-score was 57.5 ± 14.4 . Proportion of patients with problems in the EuroQoL-5D dimensions: mobility (33.3%), anxiety/depression (24%), pain/discomfort (21.1%), usual activities (21.1%) and self-care (10.5%). After adjusting age, gender, living place, cohabitation, affordability for diabetes treatment, diabetes duration, number of medications, blood pressure monitor, ability to do activities of daily living in past 2 weeks and feeling tired in the past week were the associated factors with EQ-5D index as well as EQ-VAS score ($p < 0.05$).

Conclusion: This study showed the low quality of life among elderly diabetic outpatients. The strongest determinants of reduced HRQoL in people with diabetes were comorbidities, polypharmacy, high HbA1C, low physical activity and poor endurance/exhaustion.

Keywords: Elderly diabetic outpatient, Quality of life, EQ-5D.