

## Activities of Daily Living and Related Factors in Elderly Type 2 Diabetes

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**OBJECTIVES:** The aim of the study was to evaluate activity daily living and some related factors in elderly type 2 diabetes at National Geriatric Hospital, Vietnam.

**MATERIALS AND METHODS:** A cross-sectional descriptive study included of 412 patients diagnosed with type 2 diabetes according to WHO - 2006. Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) were assessed in all participants . We used  $\chi^2$  statistics and logistic regression to assess the rate and factors associated with Activities of Daily Living.

**RESULTS:** The average age of subjects was  $71.9 \pm 7.6$  years, the ratio of female/male was 1.3. The average duration of diabetes was  $6.6 \pm 3.5$  years. The rate of ADL and IADL declined functions was 47.1% and 65%, respectively. There was a positive correlation between functional decline in daily activity and age, duration of type 2 diabetes, blood glucose level more than 7.2 mmol/l and HbA1C more than 7%. There was no correlation between limited function and gender.

**CONCLUSIONS:** Age, duration of type 2 diabetes, blood glucose and HbA1C levels were associated with the declines in activities of daily living (ADLs) and instrumental activities of daily living (IADLs). ADL and IADL assessment is simple and easy to perform and should be routinely conducted to detect early functional impairment in elderly type 2 diabetes.

**KEYWORDS:** Type 2 diabetes mellitus, elderly, Functionality, ADL, IADL.