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Glycemic Control among Ambulatory Patients with Type 2 Diabetes Mellitus on Insulin Therapy in a Tertiary Hospital

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Objectives

To determine the prevalence of poor glycemic control among ambulatory type 2 diabetes mellitus (DM) patients on insulin, to describe their clinical profile and to evaluate the correlations between insulin dose, diabetes duration, adverse effects, glycemic control and treatment satisfaction based on the Insulin Treatment Satisfaction Questionnaire (ITSQ) score.

Methods

This is a one-year cross-sectional study using consecutive sampling technique conducted at the endocrinologist clinics in a tertiary hospital in the Philippines. Chi-square test was used for categorical data, two-sample independent t-test for continuous data, Pearson's correlation coefficient (r) for correlation, and logistic regression for prediction of outcome. Computations with Epi Info™ v7.1.4.0.

Results

Among 111 patients, 74.55% had poor glycemic control, 42.34% experienced hypoglycemia episodes and 46.85% gained weight since their last visit. Mean ITSQ score was 77.5. Mean frequency of hypoglycemic episodes was 1.9, and mean body weight change was +0.15 kg. The frequency of daily insulin injections and the dosage of insulin correlated significantly with the frequency of hypoglycemia (r= 0.266, P= 0.004 and r= 0.33, P= 0.0004, respectively). Increased frequency of hypoglycemic episodes was associated with lower treatment satisfaction (r= -0.241, P= 0.01). The frequency of daily insulin injections and ITSQ score were significantly correlated with good glycemic control (OR= 1.933, P= 0.015 and OR= 1.044, P= 0.032, respectively).

Conclusion

The prevalence of poor glycemic control among ambulatory type 2 DM patients on insulin in our institution remains high at 74.55%. Treatment satisfaction and frequency of daily insulin injections correlated significantly with good glycemic control.