

**KNOWLEDGE ABOUT DIABETES MELLITUS AND SELF-CARE  
MANAGEMENT PRACTICES OF DIABETIC  
CLIENTS IN ILOILO CITY**

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MASTER OF ARTS IN NURSING

By:

RITA ARAÑADOR ARGUELLES

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**ABSTRACT**

This study was conducted to determine the diabetic clients' knowledge about diabetes mellitus and their self-care management practices. It also intended to find out whether knowledge and self-care practices vary according personal characteristics such as age, sex, educational attainment, work status, income, history of diabetes and type of diabetes. Furthermore, this study intended to find out whether knowledge and self-care are related.

Using a structured interview schedule, 72 diabetic clients were personally interviewed in diabetes clinics in Iloilo City. The instrument was translated to "Ilonggo" and personal interviews were conducted by teachers who have experience in Research.

The findings show that the majority of diabetic clients had average knowledge towards diabetes, however it did not vary according to their personal characteristics. Their self-care practices did not vary with age, sex, educational attainment, income and type of diabetes, however, clients who were working and had history of diabetes had good self-care practices than their counterparts. The respondents had "fair" self-care practice in managing their diet, and "good" self-care practice in terms of exercise and diet. It further show that knowledge and self-care were related.