FACTORS ASSOCIATED WITH UNCONTROLLED FASTING BLOOD SUGAR AMONG DISPLACED TYPE 2 DIABETIC PATIENTS IN THAILAND-MYANMAR BORDER

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Background

• Type 2 Diabetes poses significant health problems among displaced populations as they faced numerous challenges in managing their condition.[¹]
• Displaced people with uncontrolled blood glucose levels are at an increased risk of experiencing several health consequences which could contribute to an increased economic burden on healthcare providers. [², ³]

Objectives

• To explore factors related to uncontrolled fasting blood sugar among the patients living in a temporary shelter along Thailand-Myanmar border.
• To find out the association between medication adherence and uncontrolled diabetes.

Methods

• The list of patients with fasting blood sugar levels during their last 3 OPD visits to a Health Care Center was obtained from the International Rescue Committee’s database.
• There were 279 patients who were registered until the end of 2022.
• Socio-demographic information and medication adherence status from 140 patients were accessible.
• Chi-square test was used to find out the association between uncontrolled diabetes (FBS ≥ 151 mg/dL) [⁴] and socio-demographic characteristics as well as clinical factors.

Results

• Among 140 patients, 70% (CI: 62.31% - 77.69%) had uncontrolled fasting blood sugar at least one time during their last three visits to the health care center.
• There was a significant association between follow-up status and uncontrolled fasting blood sugar (χ² = 6.158; p = 0.013).
• Types of medications prescribed is also associated with uncontrolled diabetes (χ² = 18.086; p = 0.000).
• However, there was no significant association between medication adherence and uncontrolled diabetes (χ² = 0.705; p = 0.401).

Conclusion

• There was a significant number of patients who were not able to control their blood glucose level.
• Service providers should highlight the importance of regular follow-up visits to patients.
• Frontline workers should be monitored and provided technical support to follow the current management guideline to control the blood sugar levels of the patients.
• As lifestyle changes also play a crucial role in managing diabetes, more studies in the area are needed to explore lifestyle modification practices and their association with uncontrolled diabetes.

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References