

## **Problem Statement: A Qualitative Study on Health Care Members: Hypoglycemia Self-Management Need Assessment for Diabetes Patient**

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### **ABSTRACT**

**Objective:** To assess the need of self-management of hypoglycemia among health care members.

**Methods:** The methodology used for the qualitative study was five semi structured interviews were carried out with the doctors on hypoglycemia self-management for the diabetes patients. The interview were conducted and thematic analysis used to analyses emerging themes

**Results:** 80% of the doctors had age 40-60 years, 20% of them had age 61-75 years. 80% of them were males, and 20% of them were females. 20% of them were MD medicine, 20% of them were MD medicine and diploma in diabetes and 60% of them were MBBS, DNB, MD Endocrinology. 80% of them had 15-20 years of experience and 20% of them had more than 20 years of experience. All of them had more than 40 patients coming for each visit. For management of hypoglycemia, the response for the doctors were that they advised the patient to check the blood sugar level and if it below 70mg/dl then to take the different forms of the 15gm fast acting sugar like sugar, honey, biscuits, candy, etc. Patients. They give the information about the diabetes mellitus and the management. The important items to keep in the kit are glucometer, sugar candy, biscuits, and information about diabetes, doctor information, medicine prescription, medicine, and bell. The doctors opined that the bag should be a leather bag, which should be a diary shape and can be carried easily by the patients. The doctors also opined that to show or explain the kit during health education for patients, the patient should have knowledge about diabetes mellitus.

**Conclusions:** The qualitative study conducted on the health care member for the need assessment of the hypoglycemia self-management kit for the diabetes mellitus patient. The semi-structured interviews were taken on the doctors who treat the diabetes patient. The demographic variable was age, gender, education, years of experience and the number of patient treated by the doctor. The questions asked based on the hypoglycemia management, knowledge of hypoglycemia and the things required in the management kit. The finding of the study shows that for the management they advised to take the 15gm of the fast acting sugar, there is a need for the knowledge and the item required in the kit were glucometer, forms of 15gm sugar, information booklet to increase the knowledge. The kit should be like diary size, which can be carry easily. The study shows that there is need of the hypoglycemia self-management kit for the diabetes patient to manage the hypoglycemia and prevent further complications

### **Keywords**

Hypoglycemia, Need, Qualitative, Self-management, Diabetes Patient

## **INTRODUCTION**

Diabetes, which cause unique micro vascular complications, and a substantially increased risk of macro vascular atherosclerotic complications needing ongoing patient self-management, education, and support. It has acute and chronic complications the acute complication is diabetes ketoacidosis and hypoglycemia. If patient take proper management then the complication can be prevented. (Kiran Shah et al (2020).

In the emergency department, the hypoglycemia is the major cause for the visits. However, it can be manage p=and preventable complication. If the proper knowledge and the on time management is done for the low sugar then further complications can be prevented. If not treated on time then can lead to severe complications. So the hypoglycemic episode should be understanding properly in the aspects of etiological diagnosis and preventive measures Juvva Gowthemet al (2017).

## **OBJECTIVE**

A qualitative study on health care members: hypoglycemia self-management need assessment for diabetes patient.

## RESULT

80% of the doctors had age 40-60 years, 20% of them had age 61-75 years. 80% of them were males, and 20% of them were females. 20% of them were MD medicine, 20% of them were MD medicine and diploma in diabetes and 60% of them were MBBS, DNB, MD Endocrinology. 80% of them had 15-20 years of experience and 20% of them had more than 20 years of experience. All of them had more than 40 patients coming for each visit. For management of hypoglycemia, the response for the doctors were that they advised the patient to check the blood sugar level and if it below 70mg/dl then to take the different forms of the 15gm fast acting sugar like sugar, honey, biscuits, candy, etc. Patients they give the information about the diabetes mellitus and the management. The important items to keep in the kit are glucometer, sugar candy, biscuits, and information about diabetes, doctor information, medicine prescription, medicine, and bell. The doctors opined that the bag should be a leather bag, which should be a diary shape and can be carried easily by the patients. The doctors also opined that to show or explain the kit during health education for patients, the patient should have knowledge about diabetes mellitus.

## CONCLUSIONS

The qualitative study conducted on the health care member for the need assessment of the hypoglycemia self-management kit for the diabetes mellitus patient. The semi-structured interviews were taken on the doctors who treat the diabetes patient. The demographic variable was age, gender, education, years of experience and the number of patient treated by the doctor. The questions asked based on the hypoglycemia management, knowledge of hypoglycemia and the things required in the management kit. The finding of the study shows that for the management they advised to take the 15gm of the fast acting sugar, there is a need for the knowledge and the item required in the kit were glucometer, forms of 15gm sugar, information booklet to increase the knowledge. The kit should be like diary size, which can be carry easily. The study shows that there is need of the hypoglycemia self-management kit for the diabetes patient to manage the hypoglycemia and prevent further complications

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