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A comparative study of the quality of care and glycemic control among ambulatory type-2 diabetes mellitus clients at a Tertiary Referral Hospital and a Regional Hospital in Central Kenya

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Background: Peripheral public health facilities remain the most frequented by the majority of the population in Kenya; yet remain sub-optimally equipped and not optimized for non-communicable diseases care.

Design & Methodology: We undertook a descriptive, cross sectional study among ambulatory Type-2 Diabetes Mellitus clients, attending Kenyatta National Referral Hospital (KNH) and Thika District Hospital (TDH) in Central Kenya. Systematic random sampling was used. HbA1c was assessed for glycemic control and the following, as markers of quality of care: Direct client costs, clinic appointment interval and test, affordability and satisfaction with care.

Results: We enrolled 200 clients, (Kenyatta National Hospital 120; Thika District Hospital 80); Majority of the patients 66.5% were females, the mean age was 57.8 years and 58% of the patients had basic primary education. 67.5% had diabetes for less than 10 years and 40% were on insulin therapy. The proportion (95% CI) with good glycemic was 17% (12.0-22.5 respectively) in the two facilities [Kenyatta National Hospital 18.3% (11.5-25.6); Thika District Hospital 15% (CI 7.4-23.7); P=0.539]. However, in Thika District Hospital clients were more likely to have a clinic driven routine urinalysis and weight, they were accorded shorter clinic appointment intervals; incurred half to three quarter lower direct costs and reported greater affordability and satisfactions with care.

Conclusion: In conclusion we demonstrate that in Thika district hospital glycemic control and diabetic care is suboptimal but comparable to that of Kenyatta National Referral Hospital. Opportunities for improvement of care abound at peripheral health facilities.

Biography

Shillah Mwaniga Mwavua holds Bachelor of Arts degree in Psychology and Sociology from the University of Nairobi and Diploma in Clinical Medicine and Surgery from the Kenya Medical Training College. She is a HIV/AIDS Program Officer in Langata sub county, Nairobi. She has authored several papers on reproductive health issues and diabetes which has been presented in conferences in Madrid, Melbourne, Johannesburg and Vancouver. Her work on diabetes has been published in the reputable *BMC Research Notes* journal.

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