

Awareness about Hba1c - in Diabetics with and without retinopathy

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Purpose: To assess the level of awareness about Hba1c among diabetic patients visiting tertiary Retina/Eye care centre, and to study the factors influencing this awareness. **Methods:** A questionnaire based Prospective and Cross-sectional study done on patients in between age thirty to eighty years under treatment of diabetic retinopathy. Followed by Helsinki declaration of 1975. Educational qualification was graded into Illiterate (less than class seven), <Matriculate, Matriculate, Intermediate, Graduate and Post graduate. Diabetic Retinopathy (DR) were graded as No DR, Mild Non-proliferative diabetic retinopathy (NPDR) moderate to severe NPDR, very severe NPDR, and proliferative diabetic retinopathy with lesser chance of High-risk characteristics (PDR <HRC); awareness was correlated with educational qualification and DR at presentation and analysed.

Results: Most of the patients were independently participated in Questionnaire. 84% patients were participated independently and only 16% patients were participated by attendee. Blood sugar monitoring through Glucometer was done by various patients. 14% used to check blood sugar twice in a week. 12.5% believed that Glucometer does not show reliable results. Patients used to check blood sugar level through various Laboratory too in various interval as suggested by clinician. Only 62% patients were known to Hba1c / Glycated haemoglobin / Average sugar test, and 38% were unaware of this test.

Conclusion: There should be a larger scale study with same protocols and because level of awareness of Hba1c testing among new patients was less as compared to old patients, we also recommend activities to improve this awareness among all diabetic patients which could be helpful for better management for Hba1c, will be helpful to better understanding and care regimen for diabetic retinopathy patients.