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**Original article:**

**Assessment of knowledge, attitude and practice among diabetic patients attending a health care facility in North India**

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**Abstract**

**Background:** Diabetes mellitus (DM) is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. It is an important risk factor for blindness, vascular disease, brain diseases renal failure, and limb amputations. DM is increasing in developing countries due to unhealthy lifestyle, rapid westernization, and poor knowledge and practice of disease.

**Objectives:** To study the knowledge, attitude and practice of diabetic patients attending Urban Health and Training Centre (UHTC).

**Methodology:** An Out Patients Department based, descriptive, observational study was carried out among adult diabetic patients attending UHTC. Detailed history and physical examination was done. Level of knowledge, attitude and practice towards diabetes mellitus was assessed.

**Results:** Total 124 Diabetes mellitus Type 2 patients were included in the study. 62.13% were males and 37.9% were females. Majority of patients (52.4%) were in the age group of 50 – 59 years. 22.6% were illiterate. 16.1% of patients were unemployed or unskilled workers. 34.7% were from middle socio economic class. 75 (60.5%), 88 (71.0%), and 98 (79.0%) had poor score of knowledge, attitude and practice of diabetes respectively.

**Conclusion:** Adequate knowledge, positive attitude and good practices are important for effective control of diabetes mellitus. Patients require continuous support from family members to bring about a change in lifestyle. Also, people have to be educated through mass media on diabetes mellitus and its risk factors for its effective control in the community.

**Key words:** Diabetes mellitus, knowledge, attitude, practice