



## P-043 - DIABETES SELF-CARE DID NOT HAVE AN EFFECT ON QUALITY OF LIFE IN PEOPLE WITH TYPE 2 DIABETES FOLLOWED IN PRIMARY HEALTH CARE

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### Resumen

**Introduction and objectives:** Studies have associated diabetes with negative impacts on health-related quality of life (HRQoL). Several validated instruments are available to measure HRQoL in people with type 2 diabetes (PwT2D). The objectives of this study were to assess the knowledge of PwT2D followed in primary health care (PHC) about self-care in diabetes and its relationship with quality of life (QoL), and to compare clinical and laboratory parameters with the scores in different domains of the self-care and QoL questionnaires.

**Methods:** This descriptive-exploratory study was conducted in PHC in the city of Ferraz de Vasconcelos, São Paulo. The study included 199 PwT2D who met the following inclusion criteria: aged over 40 years, with a diabetes diagnosis (least two years), and currently using oral antidiabetic agents and/or insulin. Participants were required to complete two questionnaires: Summary of Diabetes Self-Care Activities Questionnaire (SDSCA) and Diabetes Quality of Life Measure (DQOL-Brazil). Laboratory test results were recovered from participants' medical records.

**Results:** Clinical and laboratory data of participants, presented as mean and standard deviation, were age  $63.1 \pm 10.4$  years, T2DM duration  $10.2 \pm 8.8$  years, glycated hemoglobin ( $A_{1c}$ )  $8.2 \pm 2.1\%$ , LDL cholesterol  $107.3 \pm 36.6$  mg/dL, HDL cholesterol  $51.3 \pm 17.2$  mg/dL, triglycerides  $175.6 \pm 111.6$  mg/dL, and estimated glomerular filtration rate  $96.7 \pm 8.7$  mL/min/1.73 m<sup>2</sup>. Total scores for the SDSCA and the DQOL-Brazil were  $45.8 \pm 16.5$  and  $93.6 \pm 10.5$  points, respectively. Cronbach's alpha coefficient, used to assess the internal consistency of the questionnaires, was 0.61 for SDSCA (moderate correlation) and 0.8 for DQOL-Brazil (strong correlation). The Pearson correlation coefficient revealed a weak correlation between the total SDSCA score and T2DM duration (0.172,  $p = 0.019$ ), with no correlation observed with  $A_{1c}$  levels ( $-0.042$ ,  $p = 0.548$ ). A similar pattern was observed for the total DQOL-Brazil score and T2DM duration (0.284,  $p < 0.0001$ ), and  $A_{1c}$  levels ( $-0.088$ ,  $p = 0.213$ ). Correlation analysis for each domain of SDSCA and DQOL-Brazil was also weak for both T2DM duration and  $A_{1c}$  levels. Moreover, correlation analysis between each domain of SDSCA and DQOL-Brazil showed no correlation, even when participants were divided into groups with  $A_{1c} < 7.5\%$  and  $A_{1c} > 7.5\%$ .

**Conclusions:** Questionnaires used in this study did not identify a significant impact of self-care diabetes on QoL in PwT2D followed in PHC.