

# **EVALUATION OF DIABETES KNOWLEDGE AMONG PATIENTS WITH TYPE 2 DIABETES USING DKT2**

Lykoudi Elissavet<sup>1</sup>, Vlachou Eugenia<sup>2</sup>, Dokoutsidou Eleni<sup>3</sup>, Margari Nikoletta<sup>4</sup>

---

1. RN, MSc, PhD(c) Emergency Department, Thriasio General Hospital of Elefsina, Greece, Athens, Greece

2. RN, DSN, MSc, PhD, CDE, Professor Department of Nursing, University of West Attica, Athens, Greece

3. RN, MSc, PhD, Associate Professor, Department of Nursing, University of West Attica, Athens, Greece

4. RN, MSc, PhD, Assistant Professor, Department of Nursing, University of West Attica, Athens, Greece

## **Background**

---

Over time, the prevalence of diabetes mellitus is rapidly increasing all over the world and type 2 diabetes mellitus (T2DM) is the most common type of diabetes, accounting for most of emerging cases. Assessing knowledge of diabetes is a key factor in the outcome, the treatment and the control of the disease. Education minimizes the risks while improving health and quality of care. A high level of education can improve self-management and glucose values.

## **Aim**

To evaluate diabetes knowledge among patients with T2DM using the Diabetes Knowledge Test 2 (DKT2) instrument.

## Method

---

The international bibliography was searched in the electronic databases "PubMed", "Scopus", "Scholar", with the keywords: "DKT2", "knowledge diabetes test 2", "type 2 diabetes", "T2DM" and was limited to the last 5 years. The inclusion criteria in the review of the published studies and the content were the evaluation of diabetes knowledge with the instrument DKT2 of diabetic patients with T2DM. Furthermore, the inclusion criteria of the studies were English and Greek language.

## Results

---

The majority of the patients showed:

- ✓ moderate to low knowledge of diabetes
- ✓ the best knowledge scores were associated with a high level of education, duration of diabetes and family history
- ✓ low knowledge is associated with signs of diabetic ketoacidosis
- ✓ the high educational background showed a higher score compared to those of lower education level, while the high level of knowledge related to a younger age group rather than an older one
- ✓ DKT2 is a quick and low-cost method of assessing general knowledge of diabetes and can be used by healthcare professionals to evaluate the general knowledge of diabetes patients.

# FEND Virtual Conference

## 24 September 2021



## Conclusion

- DKT2 is a reliable and self-administrated instrument to evaluate knowledge about diabetes. Patients' knowledge about diabetes is low but can be improved with an appropriate and individualized educational intervention.
- There is a need for effective training programs that will change patients' attitudes and behaviors in diabetes self-management.
- Therefore, providing a structured education can increase diabetes knowledge, improve blood glucose levels and lead to spectacular benefits for both the patient and healthcare system.

