

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

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**Background:** Over time, the prevalence of diabetes mellitus is rapidly increasing all over the world and can affect millions of adults. 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 of the disease, the treatment and the control of diabetes. 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 database "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 Diabetes Knowledge Test 2 (DKT2) of them being about diabetic patients with T2DM. Furthermore, the inclusion criteria of the studies were English and Greek language.

**Result:** The majority of the patients showed moderate to low knowledge of diabetes and the best knowledge scores were associated with a high level of education, duration of diabetes and family history. Still, low knowledge is associated with signs of diabetic ketoacidosis. Moreover, 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 the an older one.

**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.