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 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.
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.