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Glycemic control hassles for family caregivers of Sri Lankan adults with type 2 diabetes

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Abstract:

Introduction: Type 2 diabetes mellitus (T2DM) is imposing significant complications and economic burden on adults worldwide. It is a leading cause of morbidity and mortality among adults in Sri Lanka. As adults with T2DM need to control their glycemic levels involvement of family caregivers increases the likelihood of successful glycemic control behaviors. Furthermore adults with T2DM develop complications and functional impairment; family caregivers become significantly important in supporting their relatives to have a better quality life. There is a limited data available on family caregivers' perspectives regarding glycemic control among adults with T2DM in Sri Lanka. **Objective:** To explore the perceptions towards glycemic control among adults with T2DM as perceived by family care givers. **Design & Methods:** A descriptive qualitative design was used to collect data. In-depth interviews with family caregivers (n=12) were conducted until data was saturated. Thematic analysis was used to analyze data. **Results:** Findings were organized into three overarching themes: 1) feeling sad, burdened and stressed 2) knowing how to provide better care, and 3) improving family relationships and caring. Participants strongly agreed in knowing about the disease of diabetes and that its management is important to provide effective care for their relatives to achieve glycemic control. **Conclusions:** Family caregivers perceived that their family member with T2DM faced lots of challenges while doing diet control, adhering to regular physical activities and taking medication properly for life. Moreover, family caregivers encountered many challenges when providing care due to their lack of knowledge about diabetes and its management. These findings can help health care

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...nals recognize family caregivers as a supportive group and
...ave the way for developing awareness programs on diabetes
...family caregivers in future.

Keywords: Type 2 diabetes mellitus, Glycemic control behaviors,
Family caregivers, Qualitative research

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