



# **Sri Lanka Medical Association**

## **129<sup>th</sup> Anniversary International Medical Congress**

***"Moving from Millennium Development Goals to Sustainable Developments Goals"***

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## Conclusions

Shoulder dislocation is common among males in our population and has two distinct age peaks based on sex. It was common on the right side and usually recur. Minor trauma at home was found to be the commonest cause.

## PP038

### Medication practices and glycaemic control among patients with type II diabetes mellitus

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## Introduction and objectives

Lifestyle modifications and pharmacological interventions are being used in the control of hyperglycaemia in order to reduce the complications of Diabetes Mellitus (DM). This study aimed to identify the medication related factors associated with good glycaemic control in diabetic patients.

## Method

An unmatched case control study was conducted on 339 patients with DM in medical clinics, Teaching Hospital, Batticaloa. The cases (n=113) were those with fasting blood sugar  $\leq 110$  mg/dl and the controls (n=226) were those with fasting blood sugar  $>110$ mg/dl on at least three occasions during last 6 months. Data was collected using a validated, pretested interviewer-administered questionnaire and from medical records. Odds ratios with 95% confidence interval were used to identify the factors associated with good glycaemic control.

## Results

Patients who used  $\leq 4$  oral hypoglycaemic medications (OHM) per day were nearly 2.5 times more likely to have good glycaemic

control than those taking  $> 4$  OHM per day (95% CI=1.55 – 4.02). Patients who took their medications regularly (OR 14.56, 95% CI= 1.95 – 108.74), knew the name of the prescribed medications (OR 2.31, 95% CI= 1.45 – 3.68), followed the correct frequency of medications (OR 2.54, 95% CI= 1.59 – 4.05) and had fixed time for taking their medication every day (OR 5.84, 95% CI= 2.70 – 12.64) were more likely to have good glycaemic control.

## Conclusions

Patients with greater understanding, adherence and knowledge of their diabetes medications demonstrated better glycaemic control. Healthcare providers should pay more attention towards enhancing the knowledge and medication adherence among patients for better glycaemic control.

## PP039

### A dietary assessment of non-alcoholic fatty liver disease in a Sri Lankan cohort: case control study

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## Introduction and objectives

Sri Lanka is experiencing a rapidly rising incidence of Non Alcoholic Fatty Liver Disease (NAFLD) and its associated complications. The aim of the study was to evaluate dietary and lifestyle risk factors in an already diagnosed cohort of patients with NAFLD

## Method

50 patients with alcohol consumption not exceeding the safe limits and having ultrasonically detected fatty liver (NAFLD cases) from January to September 2015 were compared with age and the gender-matched patients who had normal ultra sound scans (controls). A pre-tested general questionnaire