Knowledge and Coping Strategies among Diabetic Patients
in AL-Wafa’a Centre in Mosul City

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ABSTRACT

**Background and aim:** Diabetes mellitus is currently considered as one of the most invaders diseases. Diabetes self-care requires the patient to make many dietary and lifestyle changes. These changes called coping strategies. One of the biggest challenges for health care providers today is how to address the continued needs and demands of individuals with chronic illnesses like diabetes. The main aim of this study is to assess the knowledge and possible coping strategies that diabetic patients may have.

**Materials and Method:** A descriptive study was based in the present study. The data was collected from the patients who visit AL-Wafa’a Centre for Diabetes Mellitus Patients in Mosul Medical Centre from 1st February 2013 to 1st May 2013 using a structured questionnaire designed for this purpose. The sample utilized a systematic random sample to eliminate the ethical issues. A target number for the sample was 100 of patients with DM those visit AL-Wafa’a Centre for Diabetic Patients. A standard statistical package for social sciences (SPSS version 14) was used to analyze the collected data.

**Results:** The results show that there is a heavier distribution of respondents presented in the (46-65) age groups, representing (29 % and 36 %) of the total survey. The most of the participants were female presenting (66 %). Most of the participants have a good knowledge with DM.

**Conclusions:** The study concludes that diabetic patients have good knowledge about their disease, but they have less coping strategies in their awareness about daily checking their blood sugar and checking their eyesight periodically. In addition, the participants presented that there is an obvious psychological distress and low self-care which mean they have difficulty to cope with their disease.

**Recommendations:** Generally, this study suggests four coping skills can be taught and reinforced; these skills include social problem solving, communication skills training, including assertiveness training, cognitive behaviour modification, and conflict resolution. In addition, further studies are needed to deeply investigate the possible factors that may affect the coping strategies of patients with Diabetes Mellitus such as age and gender.

**Key words:** coping strategies, diabetes mellitus (DM), diabetic patients.

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