

OVERCOMING BARRIERS IN DIABETES INFORMATION SEEKING: ADDRESSING THE NEEDS OF TYPE 2 DIABETES MELLITUS PATIENTS

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Introduction

The successful management of Type 2 diabetes mellitus (T2DM) is highly dependent on patients’ capacity to actively seek and effectively utilize health information. Study shows that in order to establish good disease management, an individual must possess good knowledge, motivation and behavior, in addition to clinical interventions (Panting et al., 2020). The importance of information needs among diabetes patients has not been extensively researched (Biernatzki et al., 2018). Thus, patients must understand that health information-seeking behavior (HISB) is an essential skill that contributes to managing their disease (Lambert and Loiselle, 2007). This study investigated the barriers encountered by patients with T2DM in Selangor and Negeri Sembilan, Malaysia while seeking information about diabetes.

Objectives

1. To describe barriers to effective information seeking among T2DM in Selangor and Negeri Sembilan.
2. To assess the need for seeking diabetes information among T2DM patients in Selangor and Negeri Sembilan.

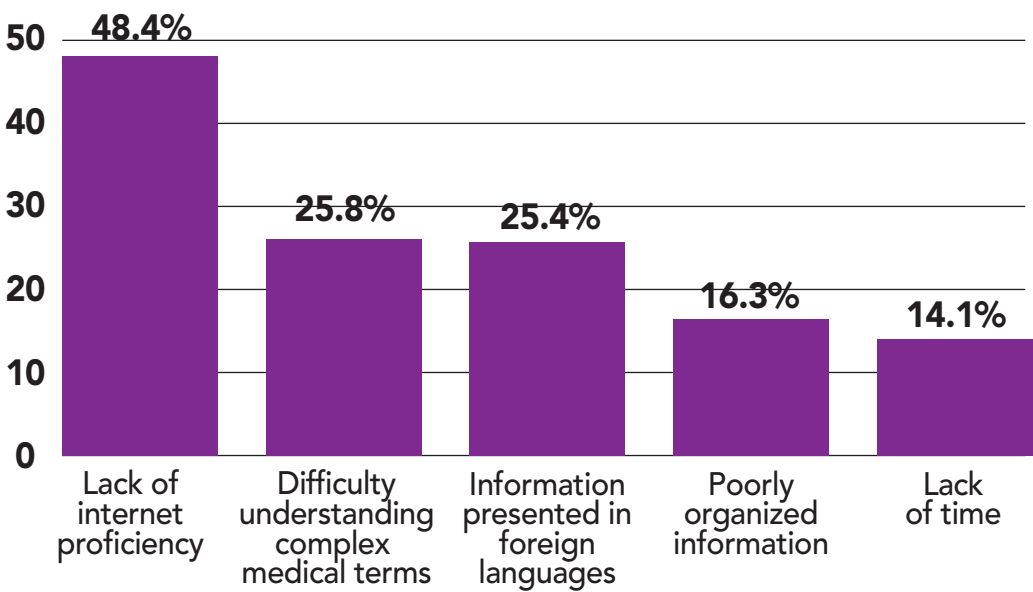
Socio-demographic profile

|  Total respondent (N) |  Genders |  Age |  Race |  Household income |  Period of being diagnosis with diabetes |
|---|--|--|---|---|--|
| Selangor N=693 | Male (42.6%) | 18 – 25 years old (0.7%) | Malay (62.2%) | RM 4,850 and below (90.8%) | Less than a year (9.1%) |
| Negeri Sembilan N=306 | Female (57.4%) | 26 – 35 years old (3.6%) | Chinese (10.8%) | RM 4,851– RM10,970 (7.6%) | 1 - 5 years (30.8%) |
| | | 36 – 45 years old (8.9%) | Indian (26.2%) | RM10,971 and above (1.6%) | 6 - 10 years (19.5%) |
| | | 46 – 55 years old (19.7%) | Bumiputera of Sabah (0.3%) | | More than 10 years (40.5%) |
| | | 65 years old and above (67.1%) | Bumiputera of Sarawak (0.1%) | | |
| | | | Others (0.4%) | | |

Results

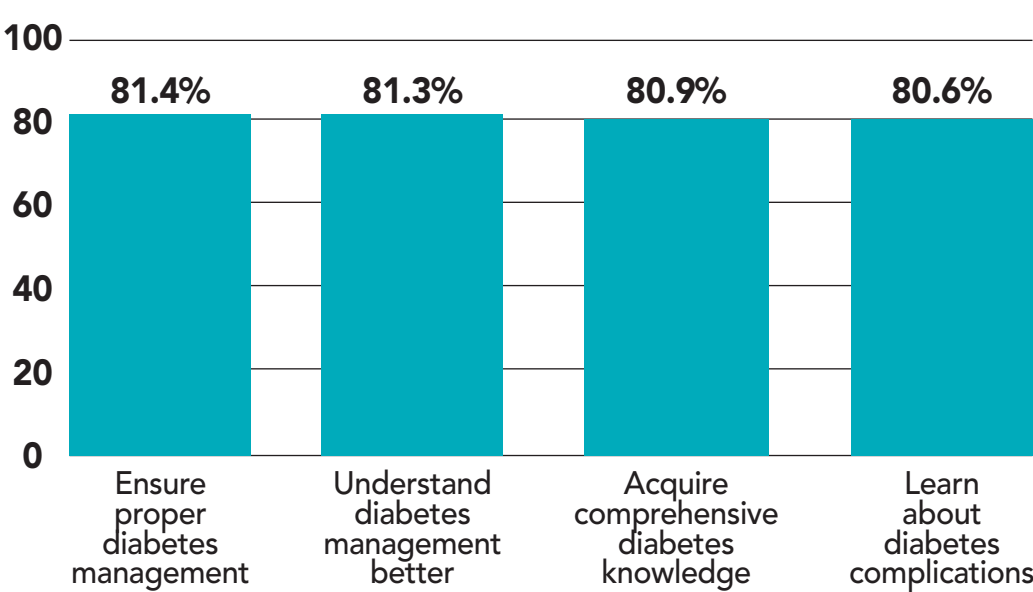
1. Barriers to DM-related information seeking

BARRIERS TO DIABETES MELLITUS-RELATED INFORMATION SEEKING



2. The need to look for diabetes information

THE NEED TO LOOK FOR DIABETES INFORMATION



Conclusion

This study highlights significant barriers to effective information seeking among T2DM patients, such as digital literacy, communication skills, and comprehension issues. This finding will provide accessible and comprehensible data for policy makers and health care providers to identify ways to facilitate dynamic HISB in addressing these barriers effectively. For example, T2DM patients can gain the knowledge necessary to effectively manage their health, thereby leading to enhanced health outcomes and improved quality of life. This can enhance the patients' health literacy, particularly in empowering patients to make informed choices about treatment options, lifestyle changes, and self-care practices. Therefore, it is recommended that healthcare providers improve internet proficiency among older patients, simplify medical information, and enhance communication strategies to address these barriers effectively.

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References

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