

**PROFILE OF ADMISSIONS OF PERSONS ADMITTED
WITH DIABETES MELLITUS IN A SECONDARY
HEALTH FACILITY.**

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Background

Diabetes mellitus is a fairly common endocrine disorder encountered in clinical practice in Nigeria. It accounts for a large amount of morbidity and mortality amongst those affected. This disease has not been well studied in secondary and Primary health centres in this population.

Objectives

This study was carried out to find out the characteristics of those admitted and the nature and outcome of their disease in an urban secondary health facility in Lagos state and thus establish adequate recommendations to control the morbidity and mortality of this preventable disease.

Methodology

The study was carried out in a General Hospital in Lagos, Nigeria. All diabetes admitted to or referred to the endocrine unit wards between July 1998 and June 2001 were studied. Data such as names, age, gender, diagnosis, complications, associated diseases, reasons for admission and discharge, outcome of admission were entered into a standard pretested questionnaire and results documented and subsequently analysed.

Results

There were 205 patients admitted to the unit's wards over this period. There were 104 females and 101 males. The mean age was 50.27 (15.78) years. Of these 205 patients only 13 were IDDM, the rest were NIDDM. 31 of the patients also were hypertensive. The reasons for admission were DM foot syndrome 32 (15.6%), poor control 32 (15.6%), DKA 8 (3.9%), hyperglycaemic states 4 (2.0%). The mortality was 32 (15.6%) and those who obtained voluntary discharge 9 (4.4%). Mean duration of stay was 18.83 (17.11), range 1 – 165 days.

Discussion

Dm remains a condition associated with high morbidity and mortality, affecting both sexes, affecting mainly the middle age. The commonest causes of admission are DMFS and poor DM control, DKA. Hypertension is also a common co-morbidity with DM.