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| **Assessment of Doctor Visit Compliance and Influential Factors in Patients with Diabetes Management in Gujarat: A Cross Sectional, Study**  |
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| Author:  | Dr.Niraj Pandit, Aditya Singh, Konark Thakkar, Kalind Vaghela, Shrut Vasavda, Rahul Shah  |
| Abstract:  | Visit compliance and its relation with various parameters of Diabetes are less explored in developing countries like India. Present study aimed to assess visit compliance, its relationship with various predictors of diabetes. 180 patients with confirmed diagnosis of type 2 diabetes mellitus were considered for this study from four town of Gujarat state. Through self-reporting, demographic information, compliance details and visit process was studied. Predictors were identified through assessing distribution pattern using Chi square test and logistic regression using EPI Info. P<0.05 and P<0.0001 were considered to be the criteria for significant and highly significant association. 180 patients consented to be the part of the study. Mean age for the study population was 55.47 ± 12.06 years. It was found that there was no correlation between glycemic goals and visit compliance. Drug intake, exercise and diet modification were found to be predictors for visit compliance. However, comprehensive information about the disease was shared in only 37% patients. The elaborated counselling at the time of visit about diabetes, its self-management and possible co-morbid conditions with investigating information needs from the subjects is strongly recommended.  |
| Keyword:  | Medication Adherence, Glycemic Control, Non-Pharmacological Measures, Counselling  |
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