

11/07 / PHARM / TP /

# **THE KENYA POLYTECHNIC UNIVERSITY COLLEGE**

**DEPARTMENT OF HEALTH  
SCIENCES AND BIOTECHNOLOGY**

## **TRADE PROJECT**

**TITLE: A RETROSPECTIVE STUDY ON PREVALENCE OF  
DIABETIES AND ITS COMPLICATIONS FROM MEDICAL CAMPS  
HELD BY DIABETES MANAGEMENT AND INFORMATION  
CENTRE (HURLIGHAM) BETWEEN MAY AND NOVEMBER 2006**

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**A TRADE PROJECT PRESENTED TO THE KENYA NATIONAL  
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**EXAM SERIES: NOVEMBER / 2007**

## ABSTRACT

The study was carried out at diabetes management and information centre (DMI). The research aimed at investigating the prevalence of diabetes and its complication. All those patients tested and confirmed to have diabetes were included in the study. The data was collected retrospectively from patient records of various medical camps held by DMI in every province through out the country.

A total of 2,415 people were found to be diabetic. On classification, there were 186 cases of type I diabetes mellitus and 2,229 cases of type II diabetes mellitus. Therefore the prevalence rate of type II diabetes mellitus was 92.3% and that of type I diabetes mellitus was 7.7%. Type I diabetes mellitus was more prevalent in the young and decreased with increase with age while type II diabetes was more prevalent in the adult age and decreased with decrease in age.

The occurrence of diabetes mellitus generally increased with increase in age. The research also showed that the occurrence of diabetes complications increased with the increase in the duration of diabetes condition. The most prevalent single diabetes complication was found to be foot neuropathy.

The data obtained from research of the prevalence rates of diabetes and its complications will sensitize the public and the health care providers on proper management of diabetes and control to avoid its complications. The high prevalence rate will mobilize people to adopt better life styles that will not predispose them to diabetes. Since diabetes has a very high prevalence rate, the disease should be given a lot attention to reduce its development and the occurrence of its complications.