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Impact of COVID-19 outbreak in health care of people with type 2 diabetes: evidence from a cross-sectional study in Albania

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Abstract

All over the world, even in Albania, adults living with type 2 diabetes are constantly increasing. Albania, nationally and locally, has a lack of evidence regarding type 2 diabetes patients' health care and management both before and during the COVID-19 pandemic. The aim was to assess the impact of the pandemic in the health care of type 2 diabetes patients and the factors correlated. A cross-sectional study was carried out from November 2020 to February 2021 including 400 adults with type 2 diabetes age 40-65 years with at least one other chronic illness. A questionnaire-based on literature taking into account the situation of the COVID-19 pandemic was used for the data collection. Pearson correlation, 2-tailed p, and linear regression were used to test the correlations. Among 400 patients with type 2 diabetes in the study, 53.0% were female and 47.0% were men. Most of the participants were married (n = 303) with a high level of education (54.3%). Treatment was mainly with oral medications (58.0%). Based on Body Mass Index, 63.0% of participants were overweight. Employment status (p=, 003), the type of treatment, oral medication vs insulin (p=, 001), Body Mass Index (p=, 001), and living alone (p=, 008) were the more factors correlated. Health care of type 2 diabetic patients due to the COVID -19 pandemic is closely associated with social determinates of health and the resources of health care settings. The need to address innovative approaches of care including self-care, social support, and e-health is recommended.

Keywords: Type 2 diabetes 2, health care, impact, COVID-19, Albania.

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None