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Diabetes risk assessment of the first degree relatives of patients with type-2 diabetes mellitus

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Purpose: This study was conducted to evaluate the risk of diabetes type-2 diabetics, who have not received their 1st degree relatives diagnosed with diabetes, FINDRISK score to test the validity of type-2 diabetes in determining the risk.

Equipment & Method: The first degree relatives of the patients being treated in the hospital with no diagnosis of diabetes and willing to participate in the research have been taken in the sectionally planned research. Sampling of the research is based on 200 people defined using power analysis. Data have been collected with question form and FINDRISK scale. Venous fasting plasma glucose (FPG) and HbA1c of the participants have been taken by the researcher. Chi-square and Roc analysis have been used in the assessment of the data.

Results: The age average of the individuals is defined to be 46.93 ± 14.83 . It is found that 41.5% of the participants are in the 'high risk group' in terms of type-2 diabetes according to the FINDRISK scale. The sensitivity of the FINDRISK score according to the FPG and specificity of it, were founded 100% and 60% respectively. Furthermore positive predictive value and negative predictive values were determined as 7.2% and 100% respectively.

Conclusions: It is observed that the DM risk of the first degree relatives of the patients being treated as type-2 DM is high and FINDRISK score scale is a good method in predicting the new asymptomatic type-2 diabetes.

Biography

Sakine Boyraz is working as a Professor at Adnan Menderes University Aydin School of Health, Division of Nursing. She completed her PhD at Istanbul University Health Science Institutes on Medical Nursing. She worked at Istanbul University Florence Nightingale Faculty of Nursing as Lecturer and Nurse up to 2002. She is an Assistant School Director. She has published 10 international papers and 23 national papers in reputed journals, authored 20 of the book sections, and has been serving as reviewer for some international and national journals.

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