Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

Libsuye Yalgaw Zimamu (BSC)[1]*, Gashaw Mekete Adal (MSc)[2] and Gashaw Mehiret Wubet(MD)[3]

[1]College of Health Science, Department of Health informatics, Debre Tabor, Ethiopia.
[2]College of Health Science, Department of Nursing, Debre Tabor, Ethiopia.
[3]Debre Tabor University, College of Health Science, School of Medicine, Debre Tabor, Ethiopia.

*Corresponding Author: Libsuye Yalgaw Zimamu, Department of Health Informatics, College of Health Science, Debre Tabor, Ethiopia.

Abstract

Introduction: Hypoglycemia affects patient safety and glycemic control during insulin treatment of both type 1 (T1DM) and type 2 diabetes mellitus (T2DM). It is still a major clinical problem in the treatment of type 1 diabetes that impairs metabolic control. this study aimed to assess hypoglycemia and associated factors among type 1 diabetes mellitus patients attending the outpatient clinics of Debra-Tabor comprehensive and Specialized Hospital, 2021.

Method: Institutional-based cross-sectional study design was conducted among 204 selected type I DM, from June 1/2021 to August 30/2021. The study participants were selected by systematic sampling method from monthly follow-up lists and list of registration. Data were cleaned and entered into Epi Data and then exported into SPSS version 20 for analysis. Data were presented with texts, graphs, diagrams, and tables but an analytic form of findings will be presented by text form of the odds ratio. Bivariable and multivariable binary logistic regression models were fitted to identify factors associated with hypoglycemia P-value < 0.05 was considered statistically significant and reported as a 95% confidence interval (CI).

Result: A total of 204 participants were participated with response rate of 100% and prevalence of self-reported hypoglycemia was 88.7% (95%, CI: 83.8 - 92.6) and the prevalence of hypoglycemia was significantly associated with occupation [AOR: 4.01 (95%CI: 1.86 - 9.35)], higher educational status [AOR: 2.13 (95%CI: 1.92 - 13.15)], diabetic duration < 1 [AOR: 3.80 (95%CI: 1.32 - 9.28)], poor knowledge [AOR: 4.91 (95%CI: 1.09 - 11.06)] and favorable attitude [AOR: 5.86 (1.10 - 6.07)]. The current study find revealed that the knowledge, attitude and practice of respondents were 81.9% (95%, CI, 76 - 86.8), 73% (95% CI, 66.7 - 78.9) and 91.2% (95% CI, 86.8 - 94.6) respectively.

Conclusion and Recommendation: Hypoglycemia was highly prevalent among the diabetic patients treated at Debra-Tabor comprehensive and Specialized referral hospital. To reduce the higher prevalence of hypoglycemia the health professionals working in the hospital had better provide appropriate patient advice about, BGL monitoring, medications adherence, self-injection as well as oral hypoglycemic agent administrations.

Keywords: Hypoglycemia; Diabetes Mellitus; Debre-Tabor; Ethiopia

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

06

Introduction

Background

Hypoglycemia is defined as when the blood glucose level of the adult drops < 70 mg/dl [1-3]. Hypoglycemia is also one of the short term complications of increased longevity, and improve health outcomes with tight glycemic control alarming for a hemoglobin A1c (HbA1c) concentration below 6.5 - 7.0% which tend to believe the cornerstone of diabetes care [4,5].

Regarding diabetes and hypoglycemia, the current kinds of literature evidenced revealed that worldwide, more than 284 million people have diabetes and this number is expected to reach 439 million by 2030 and approximately 90% of these people have type 2 diabetes as a result the number of hypoglycemic cases expected to be increased as well [6].

Hypoglycemia is also a common adversative event in people with type both type 1 diabetes and type 2 diabetes mellitus (T2DM) treated with insulin and/or oral hypoglycemic agents [7]. It is a rate-limiting complication in the achievement of strict glycemic control in diabetes management and significant episodes of hypoglycemia and its attendant counter-regulatory hormonal response lead to poor glycemic control diabetes mellitus [8].

Hypoglycemia symptoms were confirmed to be a predictor of fatigue, consequently, it is essential to consider age and disease duration, and regarding the magnitude about, up to 60% of patients with diabetes experience fatigue symptoms [9-12]. Poor glycemic control leads to kidney damage, and measures of cognitive and functional impairments were strongly associated with an increased risk of severe hypoglycemia [12].

Therefore, to prevent the effects of hypoglycemia attention to diagnose diabetes mellitus early and prevent associated complications, ultimately improving knowledge improving lifestyles, and removing bad habits among diabetes mellitus patients.

Hypoglycemia has been considered as a major barrier to achieving the proper glycemic target in diabetes mellitus patients. In particular, severe hypoglycemia (SH), which is defined as a hypoglycemic episode requiring the assistance of another person to raise the patient's glucose level, is a serious complication of diabetes because of its possible fatal outcomes [9,13].

Severe hypoglycemia is one of the strongest predictors of adverse clinical outcomes in patients with diabetes and the recent research findings indicated that glycemic control does not reduce cardiovascular disease mortality among diabetic patients but poor glycemic control leads to starvation of vital organs as a result predisposes for early and preventable death [14,15]. Hypoglycemia causes a devastating form of organ failure leads to severe morbidity and mortality and the mortality rate was due to severe hypoglycemia was 10.1% [16].

Even though the magnitude of previously undiagnosed diabetes mellitus was 88.5%, the magnitude of diabetes was found to be 15.9% which intern leads to the acute complication of DM [17].

Studies in East African countries showed that the magnitude of poor glycemic control (hypoglycemia) tends to increase from 30% to70.5% [18]. Internationally as well as national efforts have been made to minimize and reduce the effects of diabetes mellitus and its complication hypoglycemia through education of DM patients regarding knowledge on symptoms of hypoglycemia, precipitating factors, remedial measures during sign symptoms of low blood glucose or hypoglycemic state, and since there is a knowledge gap on important aspects of hypoglycemia among diabetic patients [8,19].

It is well known that Effective blood glucose control is the foundation of diabetes management aimed at minimizing microvascular and macrovascular complications but the risk of hypoglycemia increases when glucose control is intensified and this can act as a barrier to

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

07

achieving blood glucose targets [6]. However, the clear mechanism of insulin as well as oral hypoglycemic agents to reduce significantly blood glucose level with standard dose and the mechanism of dementia due to hypoglycemia and the process of hypoglycemia without any common disorders are unclear and should be studied further [20-22].

Factors like poor glycemic control, glycemic variability as captured by 1,5-anhydroglucitol, kidney damage, and measures of cognitive and functional impairments were factors that negatively affect an increased risk of severe hypoglycemia [23]. Hypoglycemic control is also positively affected by mortality, poor glycemic control increases death risk by 266% and mortality in non-intensive care unit diabetes mellitus patients with infections also another factors vice versa to cause death [16].

There is strong evidence that diabetes mellitus increases the risk of cognitive impairment and dementia. Insulin signaling dysregulation and small vessel disease in the base of diabetes may be important contributing factors in Alzheimer's disease and vascular dementia pathogenesis, respectively [13].

Notwithstanding numerous efforts made to reduce the effects of diabetes and hypoglycemia, problems concerning the knowledge and practice of patients as well as healthy individuals regarding hypoglycemia are not satisfactory and the effects of hypoglycemia are not diminished well. Therefore, further study should be suggested to recognize the root cause of the problems related to hypoglycemia.

The research conducted on the assessment of hypoglycemia is very rare even the research conducted on this issue no clearly revealed the whole assessment of hypoglycemia. But the currents study try to assess the prevalence of hypoglycemia and its associated factors plus knowledge, attitude, and practice of type 1 DM patients and this finding will give the overall assessment of hypoglycemia other than other studies.

Since hypoglycemia is a major health problem and is sustained to death it should be properly managed but researchers do not properly recommend it for health institutions but this research will fill this gap by appropriate recommendation of findings with possible solutions.

Therefore, the study will provide relevant information, for health care administrators and communities and authorized bodies to create awareness for the early identification of problems related to hypoglycemia through health education and health promotion.

The research finding will be also an important alarm to the community for early recognition of the problem and to prevent the problem as to increase health-seeking behavior other than complaining and worried by themselves.

For researchers-the study is also used as supplementation and reference who wants to conduct similar research which it deserves and finally the research paper will be set to different journals for publication.

Materials and Methods

Study area and period

The study was carried out in Debre Tabor Comprehensive specialized hospital from September 1/2020 to February 30/2021. Debre Tabor is located North West of the Amhara Region of Ethiopia, 103 km from Bahir Dar (Regional Capital), and 666 Km from Addis Ababa (Capital city of Ethiopia). It is one of the oldest hospitals in the Amhara region, which provides services for about five million populations. The hospital is currently used as a referral center for district hospitals in the zone and a teaching hospital for medical and health science students of Debre Tabor University.

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

08

Study design

The institution-based cross-sectional quantitative study was conducted.

Sources population

All diabetes mellitus patients attending the outpatient clinic at DTCSH.

Study population

All type I DM patients who have a list of registration with each follow-up date and found at DTCSH, OPD clinic at the time of data collection and who fulfill the inclusion criteria were the study populations.

Sampling unit

Several diabetic clinic OPDs selected from other OPDs was the sampling unit.

Eligibility criteria:

- **Inclusion criteria:** Underwent Type I DM for at least 3 months before the study and who had regular DM follow up, with or without comorbidities and Age of the patient's ≥ 18 years.

- **Exclusion criteria:** Documented mental disabilities having any speech impairment and Incomplete charts and patient files.

Sample size determination

To calculate the sample size for the current study prevalence of hypoglycemia from a similar study in Ethiopia will be taken and the related article was considered. In this study, the sample size was determined by using single population proportion formula as follows:

$n_0 = 185$

$$n_0 = \frac{Z^2 p\,(1-P)}{d^2} \quad n_0 = \frac{(1.96)^2 * 0.14\,(1-0.14)}{0,05^2}$$

= 185

= 185

By adding 10% none response rate the total sample size is

nf = 185+18.5

nf = 203.5

The total sample size was=204

Where:

n_o = Initial sample size

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

09

nf = The desired sample size (final sample size)

P = Prevalence of hypoglycemia in Hawassa University comprehensive specialized hospital, Ethiopia (14%) [24]

Zα/2 = Standard normal variation value at a confidence interval of 95% (1.96)

d = The margin error between the sample and the population.

Sampling technique and sampling procedure

Systematic random sampling technique was utilized to select type 1DM patients that have a chronic follow up at DTCSH, sampling interval "K" value was calculated as K = N/n, by considering 2 months data and K^{th} value =N/n=~2, therefore, the data will be collected every 2 intervals from the queue of patients from follow up registration. Thus, using patients' record order which was listed in follow-up appointment as the sampling frame, participants were selected in every 2 number intervals until reaching the total sample size and the first participant was selected by lottery method.

Data collection tools and procedures

Data was collected using validated interview-based and checklist-related questionnaires. The questionnaire contains socio-demographic characteristics, knowledge, attitude, and practice of hypoglycemia among T1DM. The questionnaires also contain prevalence, monitoring, and assessment of hypoglycemia. Data was also collected by using both open-ended and closed-ended questionnaires among type 1 DM who had a regular follow-up in DT comprehensive specialized hospital. The questionnaires were prepared by adopting validated articles before starting interviewing the questionnaires primarily being prepared in English then translated to local language (Amharic) for its consistency and understandability to the patients in which this research was conducted. During translation, all the concerns and the local linguistic were put into consideration and the local language (Amharic) will be translated back to English for the appropriateness and conformability of analysis the finding of the research. Pretest was conducted among 5% of the participants from Dessie comprehensive specialized referral hospital and modification was considered according to its findings. After modification and amendment of the data was collected by face-to-face interview by two trained nurses after they obtain a one-day training on the tools and necessary care needed. The parents were interviewed at DM clinic in Debre -Tabor comprehensive specialized hospital.

Variables of the study

Dependent variables

Prevalence of hypoglycemia.

Independent variables

Sociodemographic related factors

Age, sex, religion, occupation, educational level, residence, income, marital status, duration of diabetes mellitus, KAP towards hypoglycemia, BGL.

Operational definitions and terms

- **Hypoglycemia**: When blood sugar levels are < 75 milligrams per deciliter (39).

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

10

- **Good knowledge**: A score of knowledge > 60% on the knowledge assessment questions [25].

- **Poor knowledge**: A score of < 60% on the knowledge assessment questions [25].

- **Good practice**: A score of > 60% on the practice assessment questions [25].

- **Poor practice**: A score of < 60% on the practice assessment questions [25].

- **Favorable attitude:** A mean and above score of participants from the attitude questions towards diabetes mellitus [26].

- **Unfavorable attitude**: Less than the mean score of participants from the attitude questions towards diabetes mellitus [26].

Data processing and statistical analysis

Data were checked, coded and cleaned for inconsistencies and missing values, and then entered into EpiData version 4.6.0.0 statistical software. Then exported to Statistical Package for Social Sciences (SPSS) version 20 software for analysis. Analysis of the data concerned with the descriptive and analytical part. For analytical part frequency, cross-tabulation and texts will be considered. For the analytical part OR and AOR was determined through Bivariable and multivariable logistic regression. Spss version 20 statistical software was used and frequencies and odds ratio was determined. Factors associated with the outcome variable at Bivariable analysis will be identified and the variables with a p-value of 0.20 and less would fit the logistic model for multivariable analysis to determine the relative prediction level of independent variables to the outcome variable. P-value less than 0.05 at 95% confidence interval had been considered as statistically significant. Model goodness-of-fit would be checked by Hosmer Lemeshow test. Chi-square was also calculated to test any association between dependent and independent variables.

Data quality control

The quality of data was ensured by doing the questionnaire pre-tested on 5% of the total sample size at Dessie specialized referral hospital that is assumed to have similar characteristics to the targeted population. Based on the feedback obtained from a pretest of respondents interview, the necessary amendment was done and the questionnaire was assessed for its clarity; the completeness and evaluate the validity and content of the questionnaire and modified accordingly. Close supervision was made by the supervisor during the data collection and appropriate feedback will be provided. The training was provided to the data the 2 collectors for one day by the principal investigator and the training was focused on the objective, how to obtain consent, keeping the confidentiality of the information they gathered. The collected data was cheeked for its completeness every day before the following day of data collection by supervisors and the principal investigator and corrective measures were taken according to the finding during supervision.

Result

Socio-demographic characteristics of the respondents

A total of 204 participants were approached and 204 of them agreed to participate giving a response rate of 100%. Of the participants, more than half of them 104 (51.0%) were females. The majority of the study participants, 25% (51) were found in the age group of 18 - 25 years whereas the mean age and monthly income of the respondents were 39.451 ± 15.4 and 3057.57 ± 2503.36 respectively. Regarding their occupational status, about one third, 31.9% (65) were farmers whereas more than half, 52.9% (108) had no formal education.

Out of the study participants about 58.8% (120) of the respondents are urban dwellers and of them 64.2% (131) married by their marital status regarding income status 44.6% (91) of the study participants earn 500 - 1500 ETB monthly income.

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

11

Regarding duration of diabetes mellitus 56.9% (116) of the respondents live with DM 1-3 years whereas few of them, 5.4% (11) of the study participants live with DM >10 years (Table 1).

Variable	Category	Frequency (N)	Percentage (%)
Age (Years)	18-25	51	25.0
	26-35	47	23.0
	36-45	39	19.1
	46-55	31	15.2
	>56	36	17.6
Sex	Male	100	49.0
	female	104	51
Religion	Orthodox Christian	180	88.2
	Protestant	14	6.9
	Muslim	8	3.9
	Catholic	1	0.5
	Adventist	1	0.5
Occupational status	House wife	54	26.5
	Farmer	65	31.9
	Government inquiry	30	14.7
	NGO employ	12	5.9
	Private business	43	21.1
Educational level	No formal education	108	52.9
	Can read and write	15	7.4
	Primary level	12	5.9
	Secondary level	29	14.2
	Higher education	40	19.6
Residence	Urban	120	58.8
	Rural	84	41.2
Marital status	Never married	51	25.0
	Married	131	64.2
	Widowed	18	8.8
	Divorced	4	2.0
Monthly income	< 500	18	8.8
	500 - 1000	91	44.6
	1001 - 1500	66	32.4
	1501 - 2000	17	8.3
	> 2000	12	5.9
Duration of type 1 Diabetes mellitus	< 1 years	30	14.7
	1 - 3 Years	116	56.9
	3 - 5 Years	35	17.2
	5 - 10 years	12	5.9
	> 10 years	11	5.4

Table 1: Socio-demographic characteristic of type 1 diabetes mellitus patients attending the outpatient clinic of DTCSH, Northwest Ethiopia, 2021 (N = 204).

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

12

Knowledge of type1 DM patients about hypoglycemia

The overall knowledge of the respondents were found to be 81.9% (95%, CI, 76% - 86.8%) and more than half, 51.5% (105) respond positively as diabetes mellitus means high blood sugar how ever higher respondents, 96.1% (196) knew about insulin whereas 93.6% (191) of the respondents prevail that Insulin vial should store in the refrigerator or cold place.

Regarding how to take insulin injection, 94.1% (192) respond as insulin injection should be taken soon after or just before taking food. Similarly, about 96.6% (197) of the study participants knew that the proper site for injection is abdomen and on the same way 57.4% (117) respondents respond as the angle to administer insulin is 45 degrees.

Of the respondents 58.8% (120) them distinguish the distance to rotate on the same site is as one thumb whereas 87.3% (178) also see the complication of insulin therapy. About 87.7% (178) of respondents know the use of rotation of the injections site as to reduce pain, prevent wasting of subcutaneous tissue.

About 77.5% (158) of respondents respond as massaging after injection as used to enhances the rapid absorption of insulin whereas 89.2% (182) recognize the benefits of insulin self-administration (Table 2).

knowledge of type1 diabetes mellitus patients domain	Category	Frequency (N)	Percentage (%)
Diabetes mellitus means high blood sugar	Yes	105	51.5
	No	99	48.5
Know about insulin	Yes	196	96.1
	No	8	3.9
Insulin vial is stored in the refrigerator or cold place	Yes	191	93.6
	No	13	6.4
Insulin injection is taken soon after or just before taking food	Yes	192	94.1
	No	12	5.9
The sites for insulin injection are abdomen, thigh, glutei and deltoid	Yes	197	96.6
	No	7	3.4
The angle to administer insulin is 45 degree	Yes	117	57.4
	No	87	42.6
The distance to rotate on the same site is one thumb	Yes	120	58.8
	No	84	41.2
Ways to reduce pain during insulin injection are inters the skin, do not manipulate the needle once inserted, avoiding re using of the same sit	Yes	173	84.8
	No	31	15.2
The complications of insulin therapy are low blood sugar, insulin resistance and wasting of subcutaneous tissue	Yes	178	87.3
	No	26	12.7
The use of rotation of the injection site is to reduce pain, prevent wasting of subcutaneous tissues	Yes	179	87.7
	No	25	12.3
Massage after injection is used to enhances the rapid absorption of insulin	Yes	158	77.5
	No	46	22.5
The benefit of insulin self-administration are, time saving, inexpensive and easy to take on self while traveling	Yes	182	89.2
	No	22	10.8

Table 2: *Knowledge of type 1 diabetes mellitus patients attending the outpatient clinic of DTCSH, Northwest Ethiopia, 2021 (N = 204).*

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study
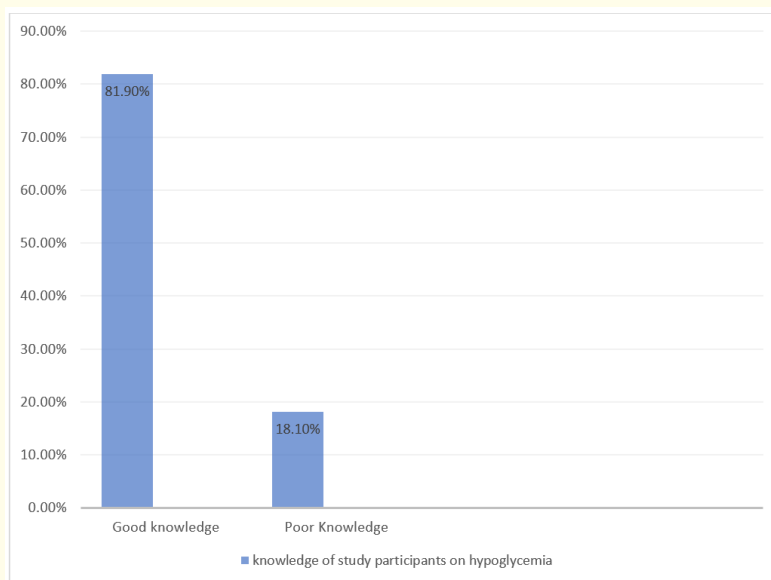
13

Figure 1: *Knowledge of study participants of hypoglycemia at DTCSH, 2021.*

Attitude of DM patients regarding hypoglycemia

The attitude of the respondents are favorable with the total attitude score 91.2% (95% CI, 86.8 - 94.6). From the overall respondents 89.7% (183) agree with the assumption insulin causes other health problems whereas similar amount of study participants agree with the averseness of insulin self-administration decreases blood glucose level and 89.2% (182) respondents also agree that insulin self-administration does not brings stigma whereas 98.2% (201) also agree that self-administering of insulin helps to reduce cost and time (Table 3).

Attitude of type1 diabetes mellitus patients domain	Category	Frequency (N)	Percentage (%)
Insulin causes other health problems	Agree	183	89.7
	Disagree	19	9.3
	Neutral	2	1.0
Insulin self-administration decreases blood glucose	Agree	183	89.7
	Disagree	21	10.3
Insulin self-administration is not tiresome	Agree	183	89.7
	Disagree	21	10.3
Insulin self-administration does not brings stigma	Agree	182	89.2
	Disagree	20	9.8
	neutral	2	1.0
Insulin self-administration is beneficiary regarding cost and time	Agree	201	98.5
	Disagree	3	1.5

Table 3: *Attitude of type 1 diabetes mellitus patients attending the outpatient clinic of DTCSH, Northwest Ethiopia, 2021 (N = 204).*

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study
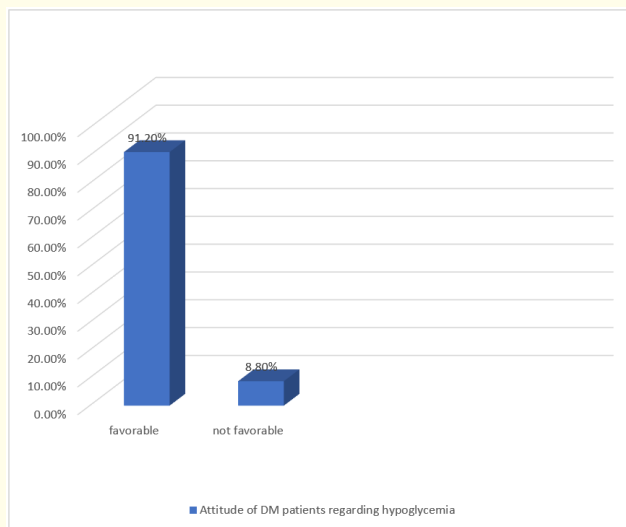
14

Figure 2: Attitude of DM patients regarding hypoglycemia at DTCSH, 2021.

Practice of DM respondents on hypoglycemia

The practice of the respondents are poor with the total poor practice score 73% (95% CI, 66.7 - 78.9). From the total respondents 35.8% (73) can inject insulin by themselves but only 25.5% (52) study participants inject insulin with 45°. From total insulin users 29.4% (60) store insulin vials in refrigerator or cold place.

Similarly, from insulin injection users 24.3% (50) did not frequently repeat injection sites but 11.3% (23) frequently repeat the injection sites. Regarding insulin administration, 24.5% (50) did not inject insulin before or immediately after food intake whereas 22.1% (45) inject insulin into their abdomen, thigh, gluteus or deltoid areas (Table 4).

Practice of Type1 Diabetes Mellitus Patients Domain	Category	Frequency (N)	Percentage (%)
Can you inject yourself in correct position?	Yes	73	35.8
	No	131	64.2
Do you inject yourself with needle at 45°	Yes	52	25.5
	No	21	10.3
Do you store insulin vials in refrigerator or cold place?	Yes	60	29.4
	No	13	6.4
Do you frequently repeat injection sites?	Yes	23	11.3
	No	50	24.5
Do you inject insulin before or immediately after food Intake?	Yes	23	11.3
	No	50	24.5
Do you inject insulin into abdomen, thigh, gluteus or deltoid?	Yes	45	22.1
	No	28	13.7

Table 4: Practice of type 1 diabetes mellitus patients attending the outpatient clinic of DTCSH, Northwest Ethiopia, 2021 (N = 204).

Citation: Libsuye Yalgaw Zimamu*., et al.* "Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study". *EC Diabetes and Metabolic Research* 6.2 (2022): 05-26.

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study
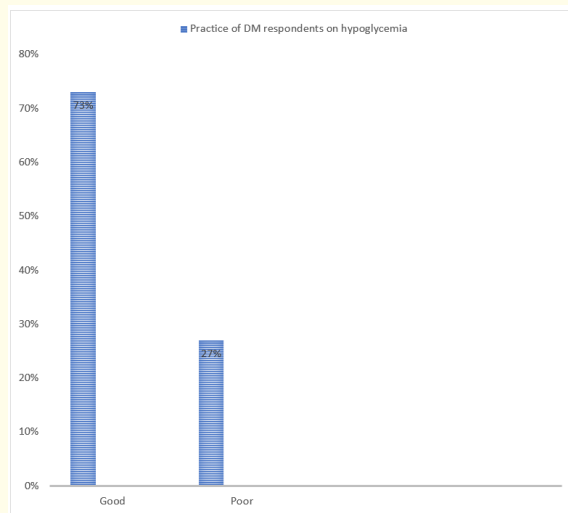
15

Figure 3: *Practice of DM respondents on hypoglycemia at DTCSH, 2021.*

Assessment of the prevalence of hypoglycemia

The prevalence of hypoglycemia is high with a total score of 88.7% (95%, CI 83.8 - 92.6). Of the overall study participants, 93.1% (190) were aware of hypoglycemia by self as well as by relatives regarding its treatment. Diabetic patients who faced hypoglycemia in the three months was 25.4% (46) followed by 34.3% (70) finding different solutions with no treatment assistance. However, 86.8% (177) of the respondents came to the diabetic clinic for the reason of follow-up.

Of the total diabetic patients, 89.5% (201) took the prescribed medications insulin as well as oral hypoglycemic agents, however, the majority of the DM patients, 64.2% (131) took oral hypoglycemic agents. The majority of the respondents, 95% (194) administer DM medications like insulin and oral hypoglycemic agents by themselves whereas 9.8% (20) do not take insulin at regular times. Among insulin users, 7.4% (15) took a higher dose whereas 28.4 (54) of the respondents took the normal dose.

Regarding food consumption, missed /hungry 49% (100), with medication 25% (51), physical activity with food 48% (98), physical activity without food 14.7% (30), alcohol consumption with food11.3% (23) and alcohol consumption without food 7.8% (16).

Concerning comorbidity 12.3% (25) had the disease in addition to DM whereas 6.5% (13) of the study participants are members of the DM association (Table 5).

Assessment on self-monitoring of blood glucose (SMBG) and management of hypoglycemia

Regarding self-monitoring of blood glucose (SMBG) 25.5% (52) of the respondents revealed that they can monitoring of blood glucose levels at home. Of the 17.2% (35) the study participants have blood glucose monitoring during follow-up from the DM clinic. From DM patients who have a glucometer, having ≥ 3 times/week BGL monitoring was 2% (4).

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

16

Assessment on the Prevalence of Hypoglycemia of Type 1 Diabetes Mellitus Patients Domain		Category	Frequency (N)	Percentage (%)
Awareness of low blood glucose levels by the respondents and relatives.		Yes	181	88.7
		No	23	11.3
Awareness of hypoglycemia by the Pt and relatives and its treatment		Yes	190	93.1
		No	14	6.9
Frequency of hypoglycemia in the three months		Once	37	18.1
		Twice	37	18.1
		Three times	46	25.4
		Four times	54	26
		Five and above times	16	7.8
		Never happened		
Solutions the events of hypoglycemia in the last three months		No treatment assistance needed	70	34.3
		Taking rest but no assistance needed	65	31.9
		Treatment with the assistance of a third party needed	55	27
Reasons coming to the diabetic clinic		Follow up-to diabetes mellitus	177	86.8
		Another personal issue	87	13.2
Taking the prescribed medication since you were diagnosed with DM		Yes	201	98.5
		No	3	1.5
Types of medication taken by the patients /relatives		Regular insulin (the clear one in color)	15	7.4
		NPH insulin (the cloudy one in color)	20	9.8
		Both	35	17.2
		Oral hypoglycemic agent	131	64.2
Responsible body to administer medication		My self	194	95
		Family	7	5
Insulin Administration	Not taking in regular time	Yes	20	9.8
		No	53	26
	Taking Higher dose	Yes	15	7.4
		No	58	28.4
Food consumption	Missed/hungry	Yes	100	49
		No	81	39.7
	With medication	Yes	51	25
		No	130	63.7
	Physical activity with food	Yes	98	48
		No	83	40.7
	Physical activity out of food	Yes	30	14.7
		No	151	74
	Alcohol consumption with food	Yes	23	11.3
		No	158	77.5
	Alcohol consumption without food	Yes	16	7.8
		No	165	80.9
When you feel ill with another disease in addition to DM		Yes	25	12.3
		No	179	87.7
Members sheep of Ethiopian DM association		Yes	13	6.4
		No	191	93.6

Table 5: *Assessment on the prevalence of hypoglycemia among type 1 diabetes mellitus patients attending the outpatient clinic of DTC-SH,2021, Northwest Ethiopia, 2021 (N = 204).*
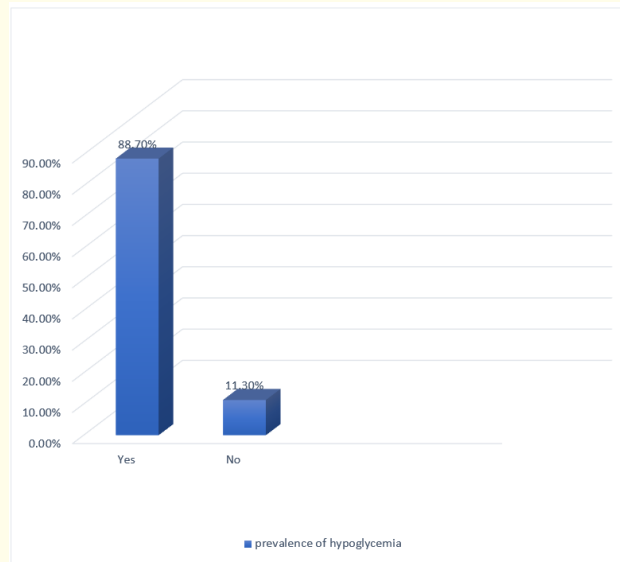
Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

17

Figure 4: *Prevalence of hypoglycemia at DTCSH, 2021.*

Regarding ways of preventing hypoglycemia about 25.5% (52) of respondents checked their blood glucose level and 29.4% (60) of among DM patients taking/giving sweet candies to manage hypoglycemia (Table 6).

Assessment on Self-monitoring of blood glucose (SMBG) and management of hypoglycemia of type1 diabetes mellitus patients domain	Category	Frequency (N)	Percentage (%)
Monitoring of blood glucose level at home	Yes	52	25.5
	No	152	74.5
Mechanism of monitoring blood glucose level	Using my glucometer	10	4.9
	Follow up to my clinic	35	17.2
	Home care doctor/ nurse	7	3.4
Frequency of blood glucose level by glucometer/ week	1	2	1
	2	4	2
	≥3	4	2
Way of preventing hypoglycemia	Checking my/his/her blood glucose	52	25.5
	Maintain my/his/her physical activity	21	10.3
	Adjusting my/his/her regular meal/snack	51	25
	Maintain my/his/her physical activity	10	4.9
	Seeking medical advice from a health professional	47	23
Possibilities used as immediate management of hypoglycemia by the Pt/ partner	Taking/giving fruit juice	13	6.4
	Taking/giving soft drinks	55	27
	Taking/giving sweet candies	60	29.4
	Taking/giving table sugar	30	14.7
	Taking/giving honey	8	3.9
	Call to ambulance/go to a nearby clinic	15	7.4

Table 6: *Assessment on Self-monitoring of blood glucose (SMBG) and management of hypoglycemia among type 1 diabetes mellitus patients attending the outpatient clinic of Debre -Tabor Compressive and Specialized Hospital, Northwest Ethiopia, 2021 (N = 204).*

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

18

Findings from chart review

From chart review, the mean fasting blood sugar in recent time was 72.42 ± 83.26 followed by fasting blood sugar in on immediate previous appointment 154 ± 92.35 and on second previous appointment (immediately before the previous appointment) 177 ± 360 (Table 7).

Variables	Mean	Standard deviation
Fasting blood glucose value		
Recent	72.42	83.26
On immediate previous appointment	154	92.35
On second previous appointment (immediately before the previous appointment)	177	360
Anthropometric data		
weight (Kg)	59.42	8
height (cm)	120	104
BMI	22.42	11.57

Table 7: Findings from chart review.

Factors associated with the prevalence of hypoglycemia among DM patients

The factorial analysis had been conducted by using Spss version 20 and the binary logistic regression model was used for the analysis of COR and AOR. A logistic regression model had been used to test the presence or absence of association between dependent and independent variables.

Factors associated with the prevalence of hypoglycemia among DM patients were identified and the variables with a p-value of 0.20 and less would fit the logistic model for multivariable analysis to determine the relative prediction level of independent variables to the outcome variable. P-value less than or equal to 0.05 with 95%CI had been considered as statistically significant.

Model goodness-of-fit would be checked by Hosmer Lemeshow test, which shows the model fitness was 90.8% at multivariable analysis, which indicates the model fitness was good. Model fitness was also checked by chi-square test at Pearson chi-square test, which also revealed that the significance level of variable, which shows a significant association between dependent and independent variables and the significance level was 0.003.

Variables that had a p-value less than 0.2 and variables were respondents with the occupation of housewife [COR: 4.37 (95%CI: 1.24 - 9.53], educational level of no formal education [COR: 2.3 (95%CI: 1.8 - 8.4] and marital status of never-married [COR: 3.0 (95%CI: 2.6 - 13.3] had positively associated with the outcome variable at Bivariable analysis whereas variables such as residence of respondents urban [COR: 0.83 (95%CI: 2.2 - 10.22], duration of diabetes mellitus < 1 year[COR: 0.89 (95%CI: 1.8 - 12.00], good knowledge of parents [COR: 0.67 (95%CI: 1.7 - 15.0], good practice [COR: 0.9 (95%CI: 2.9 - 18.0], favorable attitude [COR: 0.65 (95%CI: 3.6 - 18.0] and monitor BGL [COR: 0.44 (95%CI: 1.6 - 20.0] were negatively associated with the outcome variable from the Bivariable analysis and those variable were exported to multi-variable analysis. Among the candidate variables for multi-variable analysis residence, marital status, the practice of the respondents, and monitoring of blood glucose levels were eliminated by the final stage of multi-variable analysis but the occupation of house wives[AOR:4.0 (95%CI: 1.86 - 9.35]], and educational level of no formal education [AOR: 2.1 (95%CI: 1.9 - 13.1]] were statistically significantly associated with the outcome variable at multivariable analysis whereas variables such as duration of diabetes mellitus

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

19

<1 year[AOR: 0.8 (1.3 - 9.28)], good knowledge of parents [AOR: 0.9 (1.09 - 11.0)] and favorable attitude [AOR: 0.86 (1.1 - 6.0)] were negatively associated with the outcome variables. The prevalence of hypoglycemia was affected by 4 times by occupation of the housewife than private business [AOR: 4.0 (1.86 - 9.35)] whereas study participants who have no formal education were increasing the risk factors of hypoglycemia by 2.1 times than respondents who have higher educational status [AOR: 2.1 (1.9 - 13.1)].

However study participants who had diabetic duration < 1 year reduce the risk of hypoglycemia by 20% when compared with the duration of diabetes > 10 years [AOR: 0.8 (1.3 - 9.28)]. Similarly, participants who have good knowledge and favorable attitude also reduce the prevalence of hypoglycemia by 10%, [AOR: 0.9 (95%CI: 1.09 - 11.0)] and 14% [AOR: 0.86 (1.1 - 6.0)] respectively when compared with poor knowledge and unfavorable attitude (Table 8).

Variables	Prevalence of hypoglycemia		COR	AOR
	Yes	**No**		
Occupation				
Housewife	35 (2.5%)	19 (9.3%)	[COR: 4.37 (1.24-9.53]	[AOR:4.0 (1.86-9.35)]
Farmer	40 (19.6%)	20 (9.8%)	[COR:1.53 (1.52-18.63]	[AOR:1.3 (1.7-.3.7)]
Government inquiry	22 (10.8%)	8 (3.9%)	COR:0.5. (0.2-11.3]	AOR:0.33 (0.7-.3.53)]
NGO employ	10 (4.9%)	2 (1%)	COR:0.8. (0.82-11.0]	AOR:1.00 (0.9-.7.2)]
Private business	30 (14.7%)	13 (6.4%)	1	1
Educational level				
No formal education	69 (33.8%)	39 (19.1%)	[COR: 2.3 (1.8-8.4]	[AOR:2.1 (1.9-13.1)]
Can read and write	10 (4.9%)	5 (2.5%)	[COR: 1.81. (22-10.3]	[AOR:2.0 (0.6-.9.2)]
Primary level	10 (4.9%)	2 (1%)	[COR: 0.26 (0.73-6.23]	[AOR:0.32 (0.7-5.66)]
Secondary level	19 (9.3%)	10 (4.9%)	[COR: 0.27 (0.5-7.35]	[AOR:0.2 (0.3-.4.22)]
Higher education	30 (14.7%)	10 (4.9%)	[COR: 1.56 (0.66-7.12]	AOR:2.11 (1.7611.35)]
			[COR: 0.6 (0.43-6.2]	[AOR:0.54 (0.53-7.2)]
			1	1
Residence				
Urban	90 (44.1%)	30 (16.7%)	[COR: 0.83 (2.2-10.22]	[AOR: 0.7 (0.93-12.0)]
Rural	64 (31.4%)	20 (4%)	1	1
Marital status				
Never married	31 (1.5%)	20 (9.8%)	[COR: 3.0 (2.6-13.3]	[AOR: 2.5 (0.67-8.3)]
Married	101 (49.5%)	30 (14.7%)	[COR: 0.72 (0.77-14.0]	[AOR: 0.8 (0.75-12.0)]
Widowed	13 (6.4%)	5 (2.5%)	[COR: 0.4 (0.5-8.65]	AOR:0.0 (0.7-10.55)]
Divorced	3 (1.5%)	1 (0.5%)	[COR: 0.77 (0.67-5.65]	[AOR:0.5 (0.65-7.44)]
			1	1
Duration of Diabetes mellitus	23 (11.3%)	7 (3.4%)	[COR: 0.89 (1.8-12.00]	[AOR: 0.8 (1.3-9.28)]
< 1 year	106 (52%)	10 (4.9%)	[COR: 1.5 (0.46-8.75]	[AOR:2.0 (0.67-10.0)]
1 - 3 Years	30 (14.7%)	5 (2.5%)	[COR: 2.4 (0.6-9.77]	[AOR:2.6 (0.92-13.0)]
3 - 5 Years	9 (4.4%)	3 (1.5%)	[COR: 6.2 (0.87-14.87]	[AOR:6.1 (0.87-17.00)]
5 - 10 years	8 (3.9%)	2 (1%)	1	1
> 10 years				

Citation: Libsuye Yalgaw Zimamu., *et al.* "Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study". *EC Diabetes and Metabolic Research* 6.2 (2022): 05-26.

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

20

Knowledge				
Good	140 (68.6%)	27 (13.2%)	[COR: 0.67 (1.7-15.0]	[AOR: 0.9 (1.09-11.0)]
Poor	30 (14.7%)	7 (3.4%)	1	1
Practice				
Good	44 (21.6%)	11 (5.4%)	[COR: 0.9 (2.9-18.0]	[AOR: 0.87 (0.67-8.0)]
Poor	140 (69.1%)	9 (4.4%)	1	1
Attitude				
Favorable	160 (78.4%)	26 (12.7%)	[COR: 0.65 (3.6-18.0]	[AOR: 0.86 (1.1-6.0)]
Unfavorable	13 (6.4%)	5 (2.5%)	1	1
Monitor BGL				
Yes	46 (22.5%)	6 (2.9%)	[COR: 0.44 (1.6-20.0]	[AOR: 0.5 (0.9-17.0)]
No	140 (68.6%)	12 (5.9%)	1	1

Table 8: *Factors associated with the prevalence of the hypoglycemia among type 1 diabetes mellitus patients attending the outpatient clinic of DTCSH, Northwest Ethiopia, 2021 (N = 204).*

Discussion

The current study was undertaken in Debra Tabor comprehensive specialized referral hospital and the prevalence of self-reported hypoglycemia was 88.7% (95%, CI 83.8 - 92.6). Of the overall study participants, 93.1% (190) were aware of hypoglycemia self as well as by relatives regarding its treatment.

All patients with type 1 and type 2 DM were undergoing regular treatment and follow-up was consented before proceeding of interviewing. The prevalence of hypoglycemia was significantly associated occupation [AOR: 4.0 (1.86 - 9.35)], higher educational status [AOR: 2.1 (1.9 - 13.1)], diabetic duration < 1 [AOR: 0.8 (1.3 - 9.28)], good knowledge [AOR: 0.9 (1.09 - 11.0)] and favorable attitude [AOR: 0.86 (1.1 - 6.0)].

However, the findings of the current study were 30 times higher than a similar study conducted in Jimma Medical Center and in Ethiopia with the prevalence rate of hypoglycemia (3.3%) and (70.8%) respectively. The higher prevalence of hypoglycemia from the current study may be due to the poor attitude and practice of the respondents regarding measuring blood glucose levels [27,28].

Similarly, the findings of the current study were higher when compared with the study conducted in Ethiopia revealed that the prevalence of hypoglycemia was (14%) however the glycemic control was higher from a similar study conducted in Sudan among type 2 diabetic patients was 70.5% when compared it with the current study was higher with the prevalence of hypoglycemia among the two studies [18,24].

Despite the higher prevalence of hypoglycemia from the currents study, though the findings were lower when compared with the study conducted from 9 countries, report of hypoglycemic events was 97.4% however the findings were consistent with the findings of the prospective cohort study with the prevalence of hypoglycemic state of revealed that 91.7% [28-30].

Regarding factors associated with hypoglycemia, the findings of the current study had not consistent findings with other studies but the findings of Bivariable were consistent with the multivariable findings from a similar study conducted in Ethiopia [31,32].

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

21

Since DM is a chronic and debilitating pose with different complications it needs adequate knowledge for proper management and prevent complications such as hypoglycemia. The current study find outs that the knowledge level of the patients was good which was 81.9% (95%, CI, 76 - 86.8).

Though the finds of the current study were in line with a similar study conducted in Ethiopia with the knowledge of the respondents. The similarity of the findings may be due to similarities in the study setup, socio-demographic characteristics, and similar study design (77.5%) [25].

But the knowledge level of the respondents was when compared with the same study conducted in Ethiopia with the level of knowledge (65.8%) and (31.3%) respectively, the higher level of knowledge may be due to awareness creation through proper counseling and health education by the health care providers [26].

However, the study finds were found to be consistent with a similar study conducted in African countries Nigeria with the findings showed that 78.96% of participants have good knowledge towards [33].

The majority of the study findings were lower when compared with the current study for instance the study conducted in Africa revealed that 50% of the respondents have good knowledge regarding controlling hypoglycemia [34].

Still, the knowledge level of diabetic patients concerning hypoglycemia was 66.1% followed by 80% of the patients knowing that they must consume some sweets or chocolates and these findings revealed that almost the findings of the current study are higher in African countries including Ethiopia and India [8].

We found that more than two-thirds 73% (95% CI, 66.7 - 78.9) of the participants had good poor practice about hypoglycemia prevention. This finding is lower than the study conducted in Addis Ababa and Gondar revealed that (55.4%) study participants have fair practice to have the optimum level of glycemic agate however lower when compared in patients' skill assessments, 94.6% correctly showed injection sites, 70% indicated injection site rotations, and 60.75% practiced injection site rotations [35,36].

However, the current study findings are almost near too consistent when compared with the study conducted in India which revealed that the practice of diabetes regarding hypoglycemic prevention practice of T1DM patients was found, 63.2%. This similarity may be due to the fact that there is an increasing public awareness about their health status due to civilization and an increase in media coverage. The other possible reason might be differences in study participants and the study setup [26,37].

The current study also assesses the attitude of respondents regarding hypoglycemia in addition to prevalence, knowledge, and practice for patients regarding hypoglycemia. But unfortunately the attitude; level of the respondents was higher than the knowledge and practice level of the respondents. The findings revealed that the favorable attitude of the respondents was 91.2% (95% CI, 86.8 - 94.6).

However, the findings of the current study were higher than a similar study conducted in Ethiopia which revealed that the overall attitude of the respondents was (73.1).

But also higher when compared with the study conducted on the assessment of self-care related knowledge, attitude, practice, and associated factors among patients with diabetes revealed that 70.4% of the total patients had a good attitude towards control and reduction of hypoglycemia This difference might be due to the high accessibility of health care providers with specialty care in the current hospital and continuous attitudinal change through proper health education [38,39].

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

22

The attitude level of the respondents regarding the current study is also consistently higher than the study conducted in India with an attitude level of (48.5%). This may be due to the knowledge level supports to acquire favorable attitude in addition to inherit favorable attitude [40-49].

Limitation of the Study

The first limitation is cross-sectional nature of the study design that showed one result at a time and does not reflect any amendments of patients. Second, the finding may not representative of all diabetes mellitus patients because the inclusion criteria were restricted to the adult population and chronic outpatient follow-up patients, which exclude admitted and critically ill patients, this under representative of those who are sick and do not regularly attend chronic ambulatory follow up clinic. The third one center nature of the study and one region this may not represent all dm patients more widely.

Conclusion

In this study, a large number of the respondent had poor practices which are very significant in controlling hypoglycemia. However, the attitude level of the respondents despite practice and knowledge were higher. Hypoglycemia was highly prevalent among the diabetic patients treated at DTCSH. The increment in the prevalence of hypoglycemia was noted higher despite taking oral hypoglycemic agents and insulin. The prevalence of hypoglycemia in all forms of diabetes mellitus patients was also dramatically increasing as evidenced by this study which also implies that there is the poor provision of diabetes education regarding self-blood glucose monitoring, adherence to medication, feeding styles, and other lifestyle habits like drinking, smoking and chewing chat.

Recommendations

The following recommendations are given based on the flings of the research and conclusions:

- Health professionals working in the hospital had better provide appropriate patient advice about, BGL monitoring, medications adherence, and self-injection as well as oral hypoglycemic agent administrations.

- Counseling and education of DM patients regarding how to reduce avoid bad lifestyle habits like and other lifestyle habits like drinking, smoking, and chewing chat.

Health institutions should have a schedule on diabetic education along with other ten top diseases during follow-up periods, and diabetic education specifically regarding hypoglycemia should be incorporated in the health education program of the hospitals.

Recommendation for researcher: Since the current study was conducted in the health institution better it conducted in community with multicenter using mixed approaches for further investigation do as to fix a multidimensional problem in the community.

Authors' Contributions

LY designed the study, collected and analyzed the data, interpreted the findings, and wrote the manuscript. GM and GM were involved in the design, data analysis and critically revised the manuscript.

Acknowledgments

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

23

Competing Interests

The authors declared that they have no competing interests.

Availability of Data and Materials

The datasets used and analyzed during the current study are available from the corresponding author on reasonable request.

Consent for Publication

Not applicable.

Ethical Approval and Consent to Participate

The study protocol was approved by the Ethical Clearance Board of the College of Medicine and Health Sciences of Debre-Tabor University. Before any attempt at an interview, written informed consent was obtained from each respondent. Their participation was voluntary and they were informed about their right to withdraw from responding whenever they like and not to respond to the questions they want or not to obtain in due course were confidentially stored. Those study individuals, who suffered from glaucoma and its complications, were advised to disclose the problem to their physicians since the problem might be solved either by pharmacologic or other psychological therapy.

Funding Support

There was no specific fund obtained for this particular study.

Bibliography

1. Kenny C. "When hypoglycemia is not obvious: diagnosing and treating under-recognized and undisclosed hypoglycemia". *Primary Care Diabetes* 8 (2014): 3-11.

2. Rozance PJ and Wolfsdorf JI. "Hypoglycemia in the newborn". *Pediatric Clinics of North America* 66 (2019): 333-342.

3. Laillou A., *et al*. "Optimal screening of children with acute malnutrition requires a change in current WHO guidelines as MUAC and WHZ identify different patient groups". *PloS one* 9 (2014): e101159.

4. Garber AJ., *et al*. "Consensus statement by the American Association of Clinical Endocrinologists and American College of Endocrinology on the comprehensive type 2 diabetes management algorithm–2016 executive summary". *Endocrine Practice* 22 (2016): 84-113.

5. Mcguire H., *et al*. "Management of type 2 diabetes in adults: summary of updated NICE guidance". *British Medical Journal* (2016): 353.

6. Foos V., *et al*. "Economic impact of severe and non-severe hypoglycemia in patients with type 1 and type 2 diabetes in the United States". *Journal of Medical Economics* 18 (2015): 420-432.

7. Ratzki-Leewing A., *et al*. "Real-world crude incidence of hypoglycemia in adults with diabetes: results of the InHypo-DM Study, Canada". *BMJ Open Diabetes Research and Care* 6 (2018): e000503.

8. Shriraam V., *et al*. "Knowledge of hypoglycemia and its associated factors among type 2 diabetes mellitus patients in a Tertiary Care Hospital in South India". *Indian Journal of Endocrinology and Metabolism* 19 (2015): 378.

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

24

9. Seo YM., *et al*. "Factors affecting fatigue in patients with type II diabetes mellitus in Korea". *Asian Nursing Research* 9 (2015): 60-64.

10. Fritschi C and Quinn L. "Fatigue in patients with diabetes: a review". *Journal of Psychosomatic Research* 69 (2010): 33-41.

11. Drivsholm T., *et al*. "Symptoms, signs and complications in newly diagnosed type 2 diabetic patients, and their relationship to glycae-mia, blood pressure and weight". *Diabetologia* 48 (2005): 210-214.

12. Lee AK., *et al*. "Risk factors for severe hypoglycemia in black and white adults with diabetes: the Atherosclerosis Risk in Communities (ARIC) Study". *Diabetes Care* 40 (2017): 1661-1667.

13. Saedi E., *et al*. "Diabetes mellitus and cognitive impairments". *World Journal of Diabetes* 7 (2016): 412.

14. Pistrosch F., *et al*. "Risk of and risk factors for hypoglycemia and associated arrhythmias in patients with type 2 diabetes and cardio-vascular disease: a cohort study under real-world conditions". *Acta Diabetologica* 52 (2015): 889-895.

15. Yanai H., *et al*. "Causative anti-diabetic drugs and the underlying clinical factors for hypoglycemia in patients with diabetes". *World Journal of Diabetes* 6 (2015): 30.

16. Takeishi S., *et al*. "Hypoglycemia and glycemic variability are associated with mortality in non-intensive care unit hospitalized infec-tious disease patients with diabetes mellitus". *Journal of Diabetes Investigation* 7 (2016): 429-435.

17. Aynalem SB and Zeleke AJ. "Prevalence of diabetes mellitus and its risk factors among individuals aged 15 years and above in Mizan-Aman town, Southwest Ethiopia, 2016: a cross sectional study". *International Journal of Endocrinology* (2018).

18. Ibrahim SMM. Assessment of Glycemic Control and its Associated Factors among Type 2 Diabetes Mellitus Patients in Abusunoon Health Center, Greater Wad Medani Locality, Gezira State, Sudan (2017).

19. Group IHS. "Minimizing hypoglycemia in diabetes". *Diabetes Care* 38 (2015): 1583-1591.

20. Mehta HB., *et al*. "Association of hypoglycemia with subsequent dementia in older patients with type 2 diabetes mellitus". *Journals of Gerontology Series A: Biomedical Sciences and Medical Sciences* 72 (2017): 1110-1116.

21. Giorda CB., *et al*. "Incidence and risk factors for severe and symptomatic hypoglycemia in type 1 diabetes. Results of the HYPOS-1 study". *Acta Diabetologica* 52 (2015): 845-853.

22. Cobo A., *et al*. "Impact of frailty in older patients with diabetes mellitus: An overview". *Endocrinología y Nutrición* 63 (2016): 291-303.

23. Weinstock RS., *et al*. "Risk factors associated with severe hypoglycemia in older adults with type 1 diabetes". *Diabetes Care* 39 (2016): 603-610.

24. Bedaso A., *et al*. "Diabetic ketoacidosis among adult patients with diabetes mellitus admitted to emergency unit of Hawassa univer-sity comprehensive specialized hospital". *BMC Research Notes* 12 (2019): 1-5.

25. Abdela Muche E and Mekonen T. "Hypoglycemia prevention practice and its associated factors among diabetes patients at university teaching hospital in Ethiopia". *Cross-sectional Study* (2021).

26. Gebremichael G and Zemichael T. "Hypoglycemia Prevention Practice and Associated Factors Among Patients with Diabetes Mellitus Following at Public Hospitals of Central Zone, Tigray, Ethiopia" (2018).

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

25

27. Negera GZ., *et al*. "Acute complications of diabetes and its predictors among adult diabetic patients at Jimma medical center, Southwest Ethiopia". *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy* 13 (2020): 1237.

28. Emral R., *et al*. "Self-reported hypoglycemia in insulin-treated patients with diabetes: Results from an international survey on 7289 patients from nine countries". *Diabetes Research and Clinical Practice* 134 (2017): 17-28.

29. Lee CJ., *et al*. "Risk of post-gastric bypass surgery hypoglycemia in nondiabetic individuals: A single center experience". *Obesity* 24 (2016): 1342-1348.

30. Lamounier RN., *et al*. "Hypoglycemia incidence and awareness among insulin-treated patients with diabetes: the HAT study in Brazil". *Diabetology and Metabolic Syndrome* 10 (2018): 1-10.

31. Nigussie S., *et al*. "Rate of glycemic control and associated factors among type two diabetes mellitus patients in Ethiopia: A cross sectional study". *Plos One* 16 (2021): e0251506.

32. Muche EA and Mekonen BT. "Hypoglycemia prevention practice and its associated factors among diabetes patients at university teaching hospital in Ethiopia: Cross-sectional study". *PloS one* 15 (2020): e0238094.

33. Hamoudi NM., *et al*. "Assessment of Knowledge and Awareness of Diabetic and Non-Diabetic Population Towards Diabetes Mellitus in Kaduna, Nigeria". *Journal of Advanced Scientific Research* (2012): 3.

34. Ejegi A., *et al*. "Knowledge of symptoms and self-management of hypoglycaemia amongst patients attending a diabetic clinic at a regional hospital in KwaZulu-Natal". *African Journal of Primary Health Care and Family Medicine* 8 (2016): 1-6.

35. Bonger Z., *et al*. "Adherence to diabetic self-care practices and its associated factors among patients with type 2 diabetes in Addis Ababa, Ethiopia". *Patient Preference and Adherence* 12 (2018): 963.

36. Netere AK., *et al*. "Evaluations of knowledge, skills and practices of insulin storage and injection handling techniques of diabetic patients in Ethiopian primary hospitals". *BMC Public Health* 20 (2020): 1-10.

37. Bhutani G., *et al*. "Effect of diabetic education on the knowledge, attitude and practices of diabetic patients towards prevention of hypoglycemia". *Indian Journal of Endocrinology and Metabolism* 19 (2015): 383.

38. Niguse H., *et al*. "Self-care related knowledge, attitude, practice and associated factors among patients with diabetes in Ayder Comprehensive Specialized Hospital, North Ethiopia". *BMC Research Notes* 12 (2019): 1-7.

39. Khunti K., *et al*. "Rates and predictors of hypoglycaemia in 27 585 people from 24 countries with insulin-treated type 1 and type 2 diabetes: the global HAT study". *Diabetes, Obesity and Metabolism* 18 (2016): 907-915.

40. Gebremichael GB and Mariye Zemicheal T. "Hypoglycemia Prevention Practice and Associated Factors among Diabetic Patients on Follow-Up at Public Hospitals of Central Zone, Tigray, Ethiopia, 2018". *International Journal of Endocrinology* (2020).

41. Almalki MH., *et al*. "Assessment of Ramadan education and knowledge among diabetic patients". *Clinical Medicine Insights: Endocrinology and Diabetes* 11 (2018): 1179551417751611.

42. Choudhury SD., *et al*. "Survey of knowledge-attitude-practice concerning insulin use in adult diabetic patients in eastern India". *Indian Journal of Pharmacology* 46 (2014): 425.

Hypo-glycaemia and Associated Factors among Type 1 Diabetes Mellitus Patients Attending the Outpatient Clinics of DebreTabr Compressive and Specialized Hospital, South Gondar Zone, North West Ethiopia. A Cross-Sectional Study

26

43. Dimeglio LA., *et al.* "Type 1 diabetes". *The Lancet* 391 (2022): 2449-2462.

44. Dømgaard M., *et al.* "Individual and societal consequences of hypoglycemia: a cross-sectional survey". *Postgraduate Medicine* 127 (2015): 438-445.

45. Mcgill DE and Levitsky LL. "Management of hypoglycemia in children and adolescents with type 1 diabetes mellitus". *Current Diabetes Reports* 16 (2016): 1-6.

46. Pal R., *et al.* "Knowledge, attitudes and practices towards COVID-19 among young adults with Type 1 Diabetes Mellitus amid the nationwide lockdown in India: A cross-sectional survey". *Diabetes Research and Clinical Practice* 166 (2020): 108344.

47. Pedersen-Bjergaard U and Thorsteinsson B. "Reporting severe hypoglycemia in type 1 diabetes: facts and pitfalls". *Current Diabetes Reports* 17 (2017): 1-11.

48. Samya V., *et al.* "Prevalence of hypoglycemia among patients with type 2 diabetes mellitus in a rural health center in South India". *Journal of Primary Care and Community Health* 10 (2019): 2150132719880638.

49. Venkataraman A., *et al.* "Knowledge, Attitude and Practice of Insulin Use of Diabetic Patients in India". *Medical Care* 5 (2020): 6.