

ABSTRACT

This study aimed to examine treatment-seeking behaviour of diabetic patients in Mhaw Bi Township, Yangon Region. Cross-sectional descriptive study was done on diabetic patients residing in Mhaw Bi Township, Yangon Region in 2012. Mhaw Bi Township is the programme area for PEN project since January 2012. Sample population has been consecutively selected until the required sample size was obtained. Total 153 respondents involved in this study. The age of respondents ranged from 35 years to 87 years. Most of the respondents were female and housewife. Most of them were primary school passed (40.6%). For the awareness on symptoms of diabetes mellitus, 89 respondents felt thirsty. At first, most of the study population about 140 (91.5 %) took treatment for diabetes and the rest did not. The main reason for the delay treatment of diabetes mellitus was they perceived that their symptoms were not severe enough to take treatment. The place of first contact for taking care was mainly in the government health center (88 respondents, 57.5%). The person of first contact for taking care was mainly health-assistant (67 respondents, 43.8%) and the second person of first contact for taking care was doctor (59 respondents, 38.6%). The main reason for taking health care was quality of care that consisted of trust, experience and patient care. Reason for switching treatment of diabetes mellitus for first contact was expensive. Currently, 147 patients (96.1%) were treated in government health center and four patients (2.6%) did not take treatment at all. About 107 respondents (71.8%) currently took treatment with health-assistant. Availability of quality health care was the main reason for treatment at health center currently. Only 11.1 % had knowledge on all facts of compliance to meet the best control of diabetes mellitus. This study indicated that high proportion of people from this area used government health care services due to availability of quality of health care. Therefore, the importance of where and why people seek medical care is undoubtedly critical in health policy planning on diabetes mellitus and primary health care service should be incorporated with the basic support for diabetes management