

ABSTRACT

775,200 cases of diabetes were recorded in Kenya in 2014. Personnel and resources needed to manage diabetes are expensive and limited (IDF). 67.9% of Kenyans with diabetes have limited or no knowledge about etiology of diabetes with poor attitudes and practices against the disease. There is limited availability of self - management education in Kenya (United Nations Summit of 2011), with the existing ones being incoherent. Patient education is the cornerstone of care for patients with diabetes. Efficient management of diabetes includes patient's understanding his or her disease and using such knowledge for an effective self - care. The objective of this study was to provide a patient - oriented guide supplying clear algorithms of management and prevention of diabetes disease. This shall facilitate informed decision - making and improved self - care behaviors of diabetics. A descriptive transversal observational study among previously and newly diagnosed patients with diabetes attending the Kenyatta University Diabetes Outpatient Health Unit Department was conducted from June, 2014 to November, 2014. Outreach assessment in the same facility was conducted on November 14th, 2014. The guide also sought evidence from the Kenya Ministry of Public Health and Sanitation [MOPHS], 2010. Overall mean knowledge score of the subjects was 39.5 % \pm 16.7 % range. No statistically significant difference in knowledge scores with respect to family history of diabetes, age and sex, $p > 0.05$. Patient characteristics such as illiteracy and denial are main challenges facing Kenyans with diabetes. In conclusion patients with diabetes have the right of access to diabetes education at the right time (IDF). There is little or no knowledge of its risk factors, prevention and management (20%). Increased awareness is highly recommended (IDF).