



Medicine

Category: Clinical

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Reasons for Hospitalizations in Adults with Diabetes in Kuwait

*Al-Adsani AMS¹, Abdullah KA²

¹Diabetes Unit, Department of Medicine, Al-Sabah Hospital; ² Diabetes Fellowship Programme

Introduction:

Diabetes is a major public health problem in Kuwait and it is a costly condition associated with significant levels of morbidity and mortality. This study was conducted to identify the impact of diabetes on hospitalizations and to determine the main reasons for admissions.

Methods:

A cross-sectional analysis was conducted for hospital admissions in Department of Medicine at Al-Sabah Hospital from 1st of January to 28th of February 2008 that contained diabetes either a primary or a coexisting diagnosis. Data were abstracted from the medical records. The principal reason for hospitalization was grouped into categories and diagnostic classes.

Results:

Of all hospital admissions during the study period (n=552), medical history of diabetes was listed in 40.6 %. Two patients were admitted as newly diagnosed diabetes with diabetic ketoacidosis, and 11.2% of the patients had unrecognized diabetes or hospital-related hyperglycaemia (i. e., an admission fasting blood glucose > 7 mmol/l or random blood glucose > 11.1 mmol/l). Patients with diabetes and those with hospital-related hyperglycaemia had significantly longer hospital stay than non-diabetic patients; 10.1 vs. 10.2 vs. 6.8 days. The three most common reasons for hospitalizations in patients with diabetes were diseases of the cardiovascular system (53.6%), diseases of the respiratory system (22.8%), and diabetes as a principal diagnosis (6.3%). The five most frequent specific cause for hospitalizations as a secondary diagnosis were acute coronary syndrome (27.2%), pneumonia (14.3%), heart failure (11.2%), cerebrovascular accident (10.3%), and chronic obstructive airway disease (3.6%).

Conclusions:

Diabetes imposes a great burden on secondary health care. Diseases of the cardiovascular and respiratory system were the commonest reasons for hospitalizations. Timely and effective primary care and hospital outpatient preventive and treatment strategies specifically for cardiovascular and respiratory diseases may reduce these hospitalizations.

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