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Cohesion and family adaptability of patients with diabetes mellitus type 2 controlled and uncontrolled

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Introduction and Objective: to determine the difference in cohesion and family adaptability of patients with diabetes mellitus type 2 controlled and uncontrolled.

Method: Observational, transversal, descriptive and comparative. We included 147 patients with diabetes mellitus 2, who attended consultation in 33 family medicine unit, applied a metabolic control, and FACES III survey for family adaptability and cohesion.

Results and Conclusions: 71 out of control patients (48.29%) and 76 patients controlled (51.71%). Patients with metabolic control was found for family Cohesion: not related: 72.36%, Semi related: 15.78%, related: 6.66% and Aglutinada: 5.26%. for family adaptability: Rigid: 1.31%, structured: 9.21%, Flexible: 3.94% and chaotic 85.54%. for patients with metabolic disorder, was found: family Cohesion: not related: 85.93%, Semi related: 7.04%, related: 1.40% and Aglutinada: 5.63%. Family adaptability: rigid: 12.67%, structured: 1.40%, Flexible: 9.85% and chaotic 76.08%. for family Cohesion, was a chi square 5.39; 0.020 p. for family adaptability: Chi square 0.12; 0.726 p.

Conclusions: Families with diabetic patients tend to extreme cohesion, which is emphasized in the uncontrolled patients. Uncontrolled patients have rigid structures compared with the controlled. So the lack of cohesion and the rigidity of the family influence the lack of control of diabetes mellitus.