

RESULTS OF RAPID ASSESSMENT OF AVOIDABLE BLINDNESS

FINDINGS ON DIABETES AND DIABETIC RETINOPATHY

Date and time of report:

15/01/2016

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This report is for the survey area:

Peshawar District

Year and month when survey was conducted:

2013- 8 until 2013- 9

The diagnosis of diabetes is based on either a history of known diabetes, or, in case the person is not known with diabetes, on a random blood sugar of 200 mg/dl or higher.

1. Prevalence of known and newly diagnosed diabetes by age group and by gender

	Males		Females		Total	
	n	p (95% CI)	n	p (95% CI)	n	p (95% CI)
50 - 59	111	13.8% (11.1-16.5)	215	23.0% (19.8-26.2)	326	18.7% (16.6-20.9)
60 - 69	80	16.8% (12.8-20.9)	102	25.1% (20.9-29.4)	182	20.7% (17.4-24.0)
70 - 79	28	13.3% (8.7-17.9)	27	21.3% (14.7-27.8)	55	16.3% (12.6-20.0)
80+	5	6.0% (0.7-11.2)	7	15.9% (5.3-26.5)	12	9.4% (4.5-14.3)
All ages	224	14.2% (11.9-16.6)	351	23.2% (20.6-25.8)	575	18.6% (16.8-20.5)

2. Diabetics and random blood sugar level

		Males		Females		Total	
		n	%	n	%	n	%
All diabetics	Known diabetes	169	75.4%	280	79.8%	449	78.1%
	Newly diagnosed diabetes	55	24.6%	71	20.2%	126	21.9%
	Total	224	100.0%	351	100.0%	575	100.0%
Known diabetes	Bloodsugar <200 mg/dl	49	29.0%	89	31.8%	138	30.7%
	Bloodsugar >200 mg/dl	120	71.0%	191	68.2%	311	69.3%
	Total	169	100.0%	280	100.0%	449	100.0%

3. Treatment in people with known diabetes

	Males		Females		Total	
	n	%	n	%	n	%
No treatment	11	6.5%	15	5.4%	26	5.8%
Diet only	14	8.3%	24	8.6%	38	8.5%
Tablets	125	74.0%	206	73.6%	331	73.7%
Insulin	10	5.9%	25	8.9%	35	7.8%
Tablets + Insulin	5	3.0%	9	3.2%	14	3.1%
Other	4	2.4%	1	0.4%	5	1.1%
Total	169	100.0%	280	100.0%	449	100.0%

4. Last eye examination for DR among known diabetics

	Males		Females		Total	
	n	%	n	%	n	%
Never had eye examination for DR	142	84.0%	231	82.5%	373	83.1%
0-12 months ago	16	9.5%	32	11.4%	48	10.7%
13-24 months ago	4	2.4%	13	4.6%	17	3.8%
>24 months ago	7	4.1%	4	1.4%	11	2.4%
Total	169	100.0%	280	100.0%	449	100.0%

5. Prevalence of DR in diabetics and in entire sample

	N	Among diabetics p (95% CI)	Full sample p (95% CI)
Retinopathy grade			
No retinopathy (R0)	290	50.4% (45.8-55.1)	9.4% (8.0-10.8)
Background DR - mild (R1)	68	11.8% (8.9-14.7)	2.2% (1.6-2.8)
Background DR - observable (R2)	39	6.8% (4.9-8.6)	1.3% (0.9-1.6)
Background DR - referable (R3)	22	3.8% (1.9-5.8)	0.7% (0.3-1.1)
Proliferative DR (R4)	9	1.6% (0.6-2.5)	0.3% (0.1-0.5)
Ungradable DR (R6)	0	0.0% (0.0-0.0)	0.0% (0.0-0.0)
Any retinopathy	138	24.0% (19.9-28.1)	4.5% (3.6-5.4)
Maculopathy grade			
No maculopathy (M0)	369	64.2% (59.6-68.8)	12.0% (10.3-13.6)
Maculopathy - observable (M1)	24	4.2% (2.4-5.9)	0.8% (0.4-1.1)
Maculopathy - referable (M2)	35	6.1% (4.0-8.2)	1.1% (0.7-1.5)
Any maculopathy	59	10.3% (7.5-13.0)	1.9% (1.4-2.5)
Any retinopathy and/or maculopathy	141	24.5% (20.4-28.6)	4.6% (3.6-5.5)
Sight threatening DR (R4 and/or M2)	36	6.3% (4.2-8.4)	1.2% (0.8-1.6)
Any laser scars	15	2.6% (1.4-3.8)	0.5% (0.3-0.7)

6. Prevalence of any retinopathy and/or maculopathy by age and gender

	Males		Females		Total	
	n	p (95% CI)	n	p (95% CI)	n	p (95% CI)
50 - 59	20	18.0% (11.7-24.3)	49	22.8% (16.9-28.6)	69	21.2% (16.5-25.8)
60 - 69	26	32.5% (20.9-44.1)	26	25.5% (17.7-33.3)	52	28.6% (21.9-35.2)
70 - 79	8	28.6% (11.4-45.8)	11	40.7% (23.2-58.3)	19	34.5% (22.4-46.7)
80+	0	0.0% (0.0-0.0)	1	14.3% (0.0-40.4)	1	8.3% (0.0-24.1)
All ages	54	24.1% (17.9-30.3)	87	24.8% (20.0-29.6)	141	24.5% (20.4-28.6)

7. Prevalence of MVI, SVI and blindness among people with and without diabetes

	Persons with diabetes		Persons without diabetes	
	n	p (95% CI)	n	p (95% CI)
Normal vision	516	89.7% (86.9-92.6)	2,263	90.2% (88.7-91.6)
Moderate VI	48	8.3% (5.7-10.9)	179	7.1% (6.0-8.3)
Severe VI	6	1.0% (0.1-2.0)	24	1.0% (0.6-1.3)
Blindness	5	0.9% (0.1-1.6)	43	1.7% (1.2-2.3)

8. Causes of visual impairment among people with and without diabetes

	Blindness				Severe VI				Moderate VI			
	Diabetes		Non-diabetes		Diabetes		Non-diabetes		Diabetes		Non-diabetes	
	n	%	n	%	n	%	n	%	n	%	n	%
Refr. error	0	0%	2	4%	0	0%	4	16%	34	70%	127	70%
Cataract	1	20%	22	51%	3	50%	15	62%	10	20%	43	24%
DR	2	40%	0	0%	2	33%	0	0%	3	6%	0	0%
Other PSD	1	20%	7	16%	1	16%	4	16%	0	0%	7	3%
Other	1	20%	12	27%	0	0%	1	4%	1	2%	2	1%
Total	5	100%	43	100%	6	100%	24	100%	48	100%	179	100%