

Abstract

Background and aim: Diabetes type 2 is continually increasing worldwide and becoming major health problem. Many individuals nationwide are diabetic. In Nigeria, number of adult populations with type 2 diabetes is also rising. Type 2 diabetes is a long-term disease and has high potentials of causing chronic complications if not managed well. There have been suggestions that support services to patients with type 2 diabetes and patients participating actively in their diabetes care have a long impact on preventing complications. For Nigeria, various available literatures show that studies have been carried out on support services and self-care practices. Aim is to identify kinds of support services, types of diabetes self-care practices and risk factors for lack of self-care. Obtaining this information is essential for both healthcare professionals and patients with type 2 diabetes.

Method: For the narrative review, databases PubMed and Google Scholar were used to identify scientific articles on support services and self-care practices published from 2017 to July 2022. Search terms were ‘Nigeria’, ‘type 2 diabetes’, ‘diabetes self-care’, ‘support services’. Inclusion criteria were studies carried out only in Nigeria, observational and experimental studies. All search results were screened by title and abstract. Full texts of all included articles were extracted and synthesized. Excel was used to manage the Data.

Findings: The review included 17 studies conducted in 4 out of 6 regions in Nigeria. 12 cross-sectional studies, 2 quasi-experimental studies, 1 mixed-method study (quantitative/qualitative), 1 qualitative study, and 1 randomized controlled trial study were included from 3,018 participants. Among these 17 studies, n = 10 studies were on self-care practices, n = 5 focused on support services, while n = 2 studied on both self-care practices and support services. Support services were mainly family support and others e.g. co-workers, support group, government. Self-care practices were physical exercise, diet, self-monitoring of blood glucose and foot care. Risk factors for lack of self-care included financial constraints, knowledge deficit and lesser years lived with diabetes.

Conclusion: The review showed that the practices of self-care by the studied type 2 diabetic patients and support services these people received, are poor. The need to promote effective diabetes care is an increasing challenge that requires multiple involvements: government, healthcare professionals and type 2 diabetic patients themselves. There is need for further studies on support services and self-care across the 6 regions in Nigeria.

Keywords: Nigeria, type 2 diabetes, diabetes care, diabetes self-care, support services