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Visual impairment and its predictors among people living with type 2 diabetes mellitus at Dessie town hospitals, Northeast Ethiopia: institution-based cross-sectional study

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Visual impairment is a functional limitation of the eyes that results in reduced visual acuity, visual field loss, visual distortion, perceptual difficulties, or any combination of the above. T2DM is one of the common causes of visual impairment. The current study aimed to determine the prevalence and predictors of visual impairment among people living with diabetes at Dessie Town Hospitals, Northeast Ethiopia. An institution-based cross-sectional study was carried out and SRS was applied to recruit study participants with type 2 diabetes. Visual impairment was measured using a visual acuity test. We used Epi Data 3.1 and SPSS version 22 for data entry and statistical analysis, respectively. To identify statistically associated factors of visual impairment, both binary and multivariable logistic regression are used. The degree of association was determined using an adjusted odds ratio with a 95%CI. In the final model, statistical significance was declared at $p < 0.05$.

The current study findings revealed that the prevalence of visual impairment was 37.58%. Age, poor regular exercise, duration of DM above 5 years, insulin treatment and poor glycemic control were statistically associated with visual impairment. In conclusion, the proportion of patients with

visual impairment in Dessie town hospitals accounted for more than a third of patients living with T2DM. Visual impairment is associated with increased age, poor regular exercise, longer duration of DM and insulin treatment. Thus, early detection of VI through screening and regular follow-up is recommended to reduce the risk of VI and vision loss.

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