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Research Article

**CORRELATION ANALYSIS OF DURATION OF DIABETES  
WITH UPPER LIMB MUSCULOSKELETAL PROBLEMS****<sup>1</sup>Dr Ayesha Akram Choudhry, <sup>2</sup>Dr Sara Akram Choudhry, <sup>3</sup>Dr Marium Faiz,  
<sup>4</sup>Dr Neeraj Parkash, <sup>5</sup>Dr Taimoor Hassan, <sup>6</sup>Dr Mahpara Munir, <sup>7</sup>Dr Rida Ihsan,  
<sup>8</sup>Dr Ranjeeta Rajni****Article Received:** July 2021**Accepted:** August 2021**Published:** September 2021**Abstract:**

**Introduction:** Diabetes mellitus (DM) has been emerging as a major healthcare problem in Pakistan with 7.0 million people suffering from it and the number of diabetic patients is estimated to rise to a staggering figure of 14.4 million by the year 2040 making Pakistan the 8<sup>th</sup> highest country in the world in terms of burden of diabetic patient. **Aims and Objectives:** The main objective of the study is to find the correlation analysis of duration of diabetes with upper limb musculoskeletal problems.

**Methodology of the study:** The study was conducted at Punjab Health Department during July 2020 to January 2021. The data was collected from 100 diabetic patients who was suffering from diabetes from last one year. After approval by the hospital ethical review committee, informed written consent was taken from the patients prior to inclusion in the study.

**Results:** The demographic values shows that there is a significant relation between diabetes and hyperlipidemia in a local population of Pakistan. Only 86 patients had symptoms. Hand symptoms were significantly associated with the duration of diabetes mellitus ( $p=0.0001$ ). Among hand symptoms significant association was found between carpal tunnel syndrome ( $p=0.0001$ ) and limited joint mobility ( $p= 0.053$ ).

**Conclusion:** The development of hand symptoms seems to have association with duration of diabetes mellitus. These symptoms need to be actively asked for as patients may not render this information.

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**INTRODUCTION:**

Diabetes mellitus (DM) has been emerging as a major healthcare problem in Pakistan with 7.0 million people suffering from it and the number of diabetic patients is estimated to rise to a staggering figure of 14.4 million by the year 2040 making Pakistan the 8<sup>th</sup> highest country in the world in terms of burden of diabetic patients [1].

The aging population is growing worldwide and the proportion of people above 60 years old accounts for 15% of the whole population which is estimated to 7.5 billion. In general, 20% of old people have DM, and a similar proportion have undiagnosed DM. Reported frequencies vary from 18% to 33%. This range may reflect differences in the age, life style, and genetic background of the analyzed populations. On another hand, 30% of old people have impaired glucose regulation which means an increased risk for DM [2]. Actually, DM in elderly includes two groups: “survivors” of young or middle age onset of diabetes, and incident diabetes in older age or type 2 DM. Type 1 DM is exceptional in elderly as auto immune diseases affect young populations. So old people with type 1 DM are practically at the end stage of their disease and are multi complicated. Most people over than 60 years old suffer from type 2 DM due to insulin resistance. However, insulin secretion may be severely reduced at the end stage of type 2 DM [3].

Consequently, complications, and management of DM in elderly vary according to hyperglycemia duration, personal background, and co-morbidities. Some old people do not have any complication and are easy to manage; others are multi complicated and have additional severe diseases difficult to treat even in highly specialized centers [4]. The last group is encountered among survivors of young onset DM. The main troublesome co-morbidities in elderly are heart and kidney insufficiencies leading to limitation in medicine prescription.

Evidence indicates that diabetes and its complications are strongly associated with psychological and psychiatric problems. These include depression, poor-eating habits, and fear of hypoglycemia. Moreover, patients with type 2 diabetes mellitus (T2DM) also have a two-fold greater risk for comorbid depression compared to healthy controls, hampering the QoL of

patients. Research also indicates that patients with diabetes suffer from high levels of diabetes-specific emotional stress. This is associated with functional impairment, poor adherence to exercise, diet and medications, and inadequate glycemic control [5].

**Aims and Objectives:**

The main objective of the study is to find the correlation analysis of duration of diabetes with upper limb musculoskeletal problems.

**METHODOLOGY OF THE STUDY:**

The study was conducted at Punjab Health Department during July 2020 to January 2021. The data was collected from 100 diabetic patients who was suffering from diabetes from last one year. After approval by the hospital ethical review committee, informed written consent was taken from the patients prior to inclusion in the study. Patients from both genders, age range 35 to 65 was selected for this study. Given that emotional and psychological needs of people living with diabetes are complex, it is important to understand the range of psychological problems in any patient population or individual. Patients were screened for presence or absence of tenosynovitis (trigger finger), Dupuytren's contracture, carpal tunnel syndrome, limited joint mobility and shoulder capsulitis. These modalities were assessed clinically by a trained doctor.

SPSS 19.0 for windows was used for statistical analysis. Descriptive statistics i.e. mean  $\pm$  standard deviation for quantitative values (age, duration of DM, BMI, BSF, lipid sub fraction levels and HbA1C) and frequencies along with percentages for qualitative variables (gender, smoking status) were used to describe the data. Independent sample ‘t’ test.

**RESULTS:**

The demographic values shows that there is a significant relation between diabetes and hyperlipidemia in a local population of Pakistan. The value of HbA1C is  $5.77 \pm 0.50$  in diabetic patients as compared to normal group. (Table 01). Only 86 patients had symptoms. Hand symptoms were significantly associated with the duration of diabetes mellitus ( $p=0.0001$ ). Among hand symptoms significant association was found between carpal tunnel syndrome ( $p=0.0001$ ) and limited joint mobility ( $p= 0.053$ ).

**Table 01: Clinical and biochemical profile of study population.**

Variable	Diseased group	P value
Age (years)	48.04 ± 4.83	0.018
Male, n (%)	71 (50.71%)	0.285
Smoker, n (%)	32 (22.85%)	< 0.01
Duration (years)	4.60 ± 3.03	0.067
BMI (kg/m <sup>2</sup> )	26.31 ± 2.71	0.418
Plasma Glucose (F) mg/dl	117.34 ± 7.93	< 0.01
HbA1C (%)	5.77 ± 0.50	< 0.01

**Psychological reaction of diabetic patients:**

Our study showed significant association for presence of musculoskeletal abnormalities ( P value). The patient's perception about the seriousness of diabetes will affect the way they cope with the disease. Several psychological factors as discussed earlier contribute to affect the emotional and psychological well-being of a person with diabetes [6]. These include degree to which an individual accepts his/her diagnosis, how the individual adjusts to the demands of self-care routine, and finally how he/she copes with progression of the condition, which potentially includes the development of diabetes-related complications [7]. However, considering that living with diabetes is a lifelong stress and requires dealing with psychological issues, the psychological reactions of patients towards diabetes can be categorized under four basic levels of emotional distress [8].

**CONCLUSION:**

The development of hand symptoms seems to have association with duration of diabetes mellitus. These symptoms need to be actively asked for as patients may not render this information.

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