

Effectiveness of Diabetic Education on Self-Care Management Among Patients With Diabetes Mellitus

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INTRODUCTION:

Diabetes mellitus is a silent disease and now recognized as one of the fastest growing threat to public health in almost all countries of the world. Diabetes is a autoimmune disease in which pancreases no longer produces the insulin. Insulin is a hormone that enables people to get energy from food. I immune system attacks and destroys the insulin producing cells in the pancreas called beta cells Self care is the key to the development of the patient is independence and self esteem. Patients with diabetes must perform a complex set of self-care activities, to keep the blood glucose level in a normal range ,including insulin administration, monitoring blood glucose and following a healthy diet ,however diabetes self management is demanding and requires much effort, skill and knowledge , the diabetes skill training helps to develop skill, and ability necessary for diabetes selfcare .

METHODOLOGY:

This is a quasi-experimental study intended to assess the effectiveness of theteaching on knowledge and knowledge on practice of patients with diabetes mellitus.The researcher has developed an interview schedule to measure the knowledge and knowledge on practice regarding selected aspects of management of diabetic mellitus.

The content validity of the tool was established by giving to five experts. The pilot study was conducted in Govt. Hospital, Kolar. The samples were five males and five females with diabetes attended the Diabetology OPD of the hospital. The samples for this study were 50 male and 50 female patients with diabetes attended the Diabetology OPD of the Govt. Hospital, KolarSampling technique used was convenient sampling. Data collection period was for six weeks. Questionnaire and check lists were used for data collection. Data gathered was analyzed after tabulation using descriptive and inferential statistics.

RESULTS:

The First Objective of the Study was to Assess the Knowledge and Knowledge on Practice of Self-care Management of Patients with Diabetes Mellitus The pretest mean score of knowledge is 13 and mean post test 21. Theknowledge on practice score in pretest is 12 and posttest 21. It shows significantdifference in pretest and post test values. It implies that there is inadequate knowledgeand knowledge on practice of self-care management among persons with diabetes mellitus before diabetic education.

The Second Objective of to Deliver Diabetic Education Regarding Self-care Management of Patients with Diabetes Mellitus The diabetic education for diabetes mellitus was delivered to the patients with

the help of power point presentation and pamphlet distribution. The diabetic education consist of the areas of causes, medications, diet, exercises follow up and alternative therapy. The subjects communicated their ideas actively and clarified their doubts.

The Third Objective was to Evaluate the Effectiveness of Diabetic Education on Knowledge and Knowledge on Practice Regarding Self-care Management of Patients with Diabetes Mellitus

The obtained value was at df (29) significant at 0.05 level. It reveals that there is a improvement in the knowledge and knowledge on practice on self-care management among patients with diabetes mellitus.

The Fourth Objective of the Study was to Associate the Findings with Selected Demographic Variables with Knowledge on Self-care Management of Patients with Diabetes Mellitus The demographic character namely the age, sex, occupation, monthly income, type of family and source of information were associated with knowledge by using X² test. It shows that their educational status has a significant relationship between the pretest knowledge score among patients with diabetes mellitus.

The Fifth Objective of the Study was to Associate the Findings with Selected Demographic Variables with Knowledge and Knowledge on Practice on Self-care Management of Patients with Diabetes Mellitus

The demographic character namely the age, sex, education, occupation, monthly income, type of family and source of information were associated with knowledge by using X² test. It shows that there is no significant relationship between the pretest knowledge among patients with diabetes mellitus.

CONCLUSION:

The knowledge and knowledge on practice has significant effect in management of diabetes mellitus after the diabetic education programme. The post test score of knowledge and practice was higher than the pre-test score. The diabetic education on knowledge on practice has significant effect among patients with diabetes mellitus so the formulated hypothesis was accepted. The demographic variables such as age, gender, type of family, occupation, income and source of information has no significant association with knowledge and knowledge on practice. Education has influence on knowledge among patients with diabetes mellitus

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