

ISSN: 2659-2029
Proceedings of 1st Research Symposium of Faculty of Allied Health Sciences
University of Ruhuna, Galle, Sri Lanka
November 08, 2018



RuFARS 2018

“Professional Empowerment through Research and Education”

Proceedings of
1st Research Symposium of Faculty of Allied Health Sciences
University of Ruhuna

November 08, 2018
Auditorium, Faculty of Engineering
Galle

ISSN: 2659-2029

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University of Ruhuna
Galle 80000, Sri Lanka

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PP 02 - Impact of Diabetes Self-Care Management Education on Changing Self-Care Practices among Type 2 Diabetes Mellitus Patients

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Background: Diabetes self-care management education (DSME) facilitate all people with diabetes to improve knowledge, skills and ability to self-care themselves and sustain their behaviors required to manage their condition on an ongoing basis.

Objectives: This study was carried out to investigate the impact of DSME on changing self-care practices among Type 2 Diabetes Mellitus patients.

Methodology: This descriptive cross-sectional study was conducted among 50 voluntary diabetes clinic attendees at the Teaching Hospital, Peradeniya in early 2018. Data were collected using content validated, pre-tested, self-administered questionnaire which comprised of four essential self-care behaviors; medications, eating habits, physical activeness and risk reduction behaviors (foot care and regular blood testing). The questionnaire was administered prior to the DSME session (Pre-DSME) and one month following the session (post-DSME). Data were analyzed using descriptive statistics.

Results and conclusions: Most of the participants were males (n=29, 57%), married (n=57, 94%), employed (n=41, 84%), had oral hypoglycemic medications (n=42, 84%) while others had both oral medications and insulin. According to the findings of pre-DSME, the most known self-care behavior found among clinic attendees was compliance for hypoglycemic medications (94%) and it was reached to 96% at the post-DSME assessment. According to the finding of post-DSME session, there was an apparent improvement in regular testing of blood glucose (pre-DSME -32%, post-DSME - 86%), and in foot care (pre-DSME - 14%, post-DSME - 24%). However, there was very little improvement in other important self-care behaviors including physical exercises (pre-DSME - 62%, pre-DSME - 64%), and use of appropriate dietary patterns (pre-DSME - 52%, post-DSME- 60%). Medication compliance in this cohort shown to be sound good. Though findings show some improvement in regular monitoring of blood glucose status because of DSME, some important aspects of self-care management including, dietary pattern, physical exercises and foot care need to be encouraged through continuous education.

Keywords: Type 2 Diabetes Mellitus, self-care practices, diabetes self-care management education (DSME)