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Title: Effectiveness of educational program in self management among type 2 diabetic patients

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Abstract: Introduction: Diabetes is the most common human metabolic disorders that increase the risk of heart disease, vascular diseases. Mortality related to diabetes 2 to 3 times more than is healthy. Diabetes self care behaviors do require special lifetime is to promote quality care in life and is cost effective. The purposes in this study determine the effect of self management education program among type 2 diabetic patients referred to health centers in rural Gachsaran.

Method: This quasi experimental research study by choosing 120 diabetic patients in two randomly divided into experimental and control groups. Educational programs designed for patients in the intervention group including six sessions and two sessions for their families. The major training method was lecture and group discussion. Two months after educational intervention results were evaluated.

Results: The results indicate a positive impact on knowledge (t= - 8/476 & p< 0.000) and self management (t= - 8/975 & p< 0.000) among patients intervention group.

Conclusion: The results Showed positive role of education program to increase self management among diabetic patients and seems to run these programs can be effective role in the treatment and prevention of diabetes complications.

type 2 diabetic, self management, knowledge

Presentation: Poster