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Title: Assessment of effect of educational program based on health belief model on self-care of diabetic type II patients in Borujen compared with current educations during the year 2009.

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Abstract: Introduction: Diabetes is one of the main complications of public health in contemporary world. Death rates and heavy economic burden of late complications of diabetes are increasing daily. Diabetes complications are one of the major causes of morbidity and physical and emotional problems for diabetic patients. Current strategy in controlling diabetes and reducing its complications is health education. This strategy should be based on educational need-assessment and should be performed proper to patients, requirements. Some activities are done currently and repeatedly in level of health centers; Unfortunately these activities have not been followed by expected efficiency, because of inattention toward some principles of education. If educational measure is designed principally and aimfully it will be followed by high degrees of effectiveness and so can have the most efficiency in controlling diabetes and reducing diabetes complications and as researchers state it can reduce lower limb amputations by 85%. This study was performed in order to assess efficiency of educational program based on Health Belief Model (HBM) on self-care operation of diabetic patients, compared with current educational programs in health and treatment system.

Materials and methods: This is an interventional study in which 66 diabetic type II patients supported by health centers of Borujen city were engaged. Educational intervention was done for case group based on HBM Model.

Results: The results showed that the mean grades of knowledge, perceived susceptibility, perceived severity, perceived benefits, perceived barriers and self-care of diabetic patients were less than average before educational intervention, in spite of conducting multiple educational programs in health centers. But after intervention based upon HBM Model in conditions similar to control group, the results of this study showed that the mean score of knowledge, perceived susceptibility, perceived severity, perceived benefits, perceived barriers and self-care of diabetic type II patients increased significantly in comparison with control group.

Discussion & Conclusion: The findings of this study showed that self-care behaviors were elevated by elevation of knowledge and perceived susceptibility, perceived severity, perceived benefits, perceived barriers. So the results of this study prove and confirm the effectiveness and influence of HBM Model in improvement of performance and self-care in diabetic type II patients.

Knowledge, Health education, perceived susceptibility, perceived severity, perceived benefits, perceived barriers, self-care, diabetes mellitus, borujen

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