ID: 386

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Title: The Effect of Educational Program Based on BASNEF Model on controlling the blood sugar in type II Diabetic patients

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1

Abstract: Introduction: Preventing of diabetic disease complications by educational interventions using health education models are useful. The purpose of this study was to determine the effects of educational program based on the BASNEF Model on Diabetic (Type II) patients about Controlling of Blood sugar.

Material and methods: This is a perspective and quasi-experimental intervention study, one hundred patients with type II diabetes (50 case and 50 control), between the ages of 40 and 65 years, having had diabetes for over 5 years, participated in the study. The instruments for data collecting were a questionnaire established based on the BASNEF Model, a check list related to patient practice on the basis of self reporting, a check list for recording the patients' HbA1c and FBS levels report as well. All groups completed the questionnaires and check lists results were documented before and three months after intervention. The patients of the experimental group participated in 6 educational session classes during the one month of intervention and again two months after, with 2 session meeting classes as the follow up of intervention. The data were collected and analyzed by SPSS computer software

Results: Our findings indicated that mean scores of BASNEF Model variables (beliefs, attitudes, subjective norm, enabling factors) were significantly increased in the experimental group compared to the controls after intervention. Also, behavioral controlling blood sugar, rate of HbA1c (before intervention as 8.65% after three months 7.47%) and FBS levels (before intervention 207.08, after three months 124.2) improved significantly among the experimental group, compared to control group.

Conclusion: Applying the BASNEF Model is very effective for developing an educational program for diabetics, in order to control their blood sugar and enhancing behavioral controlling blood sugar. Besides such programs, follow up education on controlling and monitoring blood sugar is highly recommended.

Type 2DM, blood sugar, Educational BASNEF Model

Presentation: Oral