ID: 598

Congress: The First International & 4th National Congress on health Education & Promotion, 2011

Title: Evaluating the Effect of Educational Intervention According to the Precede Model on Promotion of Self-Care Behaviors in Patients with Type 2 Diabetes

Authors: Dr. M.H. Taghdisi, M. Borhani, Dr. M. Solhi, Dr. M.E. Afkari, F. Hosseini

Abstract:

Abstract

Background and objective:
Diabetes is a chronic disease and its control requires essential change in patients’ life style. Thus the aim of this study, regarding the application of theories and models of health education, is to design and evaluate an educational program on the basis of Precede Model on promotion of self-care behaviors in type 2 diabetes patients.

Materials and methods:
This is a quasi-experimental study of the pre- and post- intervention test type carried out in 78 patients with type 2 diabetes, who have referred to Minoodasht clinic of diabetes. The educational program has been designed according to the stages of Precede Model and the educational content was based on the educational needs of patients. Prior to perform the educational intervention, the patients filled a questionnaire which was designed according to the structure of Precede Model for type 2 diabetes patients. The diabetes education program was performed in Precede Model framework on three target groups (patients, their families, and Health care personnel for six weeks. After four weeks, the effect of the educational program on promotion of self-care behaviors of patients (blood glucose control, drug taking, their diet, exercise, formation File and participation in clinic’s educational programs of diabetes) have been evaluated through a questionnaire. The findings were analyzed using SPSS software, pair T-test, and McNemar’s test at the significance level of 5%.

Findings:

The findings in type 2 diabetic patients showed that there was a significant difference between pre- and post-test scores of elements in Precede Model (predisposing factors, enabling factors, and behavior reinforcing factors), in such a way that the pre-test mean score of participants’ behavior which was 3.98±1.02, has been increased to 4.83±0.87.

Conclusion:

The obtained results based on Precede Model would support the positive effect of the educational intervention and its major elements (predisposing factors, enabling factors, and behavior reinforcing factors) on diabetes self-care behaviors.

Education, Precede Model, Self-care, Type 2 diabetes.

Presentation: Oral