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**Title:** Evaluation of self management support based on a 5A’s model as a mode of change behavior in patients with diabetes

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**Abstract:** Evaluation of self management support based on a 5A’s model as a mode of change behavior in patients with diabetes

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**Introduction:** Self management support is one of the patterns that focus on the patient role on its health management and is done trough five stages: Assessment, Advice, Agreement, Assist and Arrangement.

**Material and method:** This study is a part of a larger study that was conducted to determine the effect of a self-management program based on a 5A's model (assessment, advice, agreement, assist, arrangement) on indicators of metabolic control and predisposing factors in diabetic patients. In this descriptive study, self management support based on a 5A's model was performed in 35 diabetic insulin dependent patients in 3 months. In first step, assessment, patients and their related behaviors were assessed exactly by use of results of lab tests, scores of some of questionnaires. In second step, advice, patients were advised about health risks by using of results of assessment step. In step three, agreement, patient and care giver set collaboratively specific goals by using of the results of the first step. In step four, assist, book, CD, pamphlet is given to individual. Fifth step, arrangement, starts after last session and then continues biweekly and even sooner. This step is done by telephone or patient visit in clinic.

At the end of intervention, questionnaire of evaluation of self management program filled by all subjects.


**Conclusion:** Regarding the results, it can be concluded that a 3-month self-management program based on the 5A’s model is an effective model and lead us to recommend the performance of self management program based on the 5 A’s model in diabetic clinics.

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**Presentation:** Poster