

THESIS TITLE : NURSING CARE FOR DIETARY CONTROL TO CONTROL  
BLOOD GLUCOSE IN NON-INSULIN-DEPENDENT DIABETES  
MELLITUS IN PHON HOSPITAL, KHON KAEN PROVINCE.  
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## ABSTRACT

This action research aimed to study the nursing care for dietary control in patient with Non-insulin-dependent diabetes mellitus. Participants were ten patients of the Phon Hospitals. Implementation and data collection were conducted at the hospital and the participants' houses during February–November 1995 by using focus group discussion, in-depth interviews and observation. McNemar test was used to compare the change of HbA<sub>1c</sub> before and after implementation. Content analysis was used to analyze the qualitative data.

**Major findings are as follows.**

1. The nursing care for good control in diabetic patients related to how health personnel can create commitment, giving knowledge based on patient's actual situation, self directed dietary control, counselling, giving continue ressource, using therapeutic relationship, promote family relationship, promote family participation in dietary control, and promote motivation.

2. Services giving to DM patients should be changed by using : working as a team and nurses' action as co-ordinator, health personnel should take counsellor and falitator roles, patient-centered services, and monitoring to evaluate patients condition and complication.

3. The hemoglobin A<sub>1C</sub> level before and after appropriate implementation of dietary control for 3 months was 9.51 mole% and 6.02 mole% , respectively, with significantly different (  $P < 0.05$  ).