

Title : DEVELOPMENT OF HEALTH EDUCATION PROGRAM ON
SELF - CARE FOR DIABETES MELLITUS PATIENTS AT
NAKORNTHAI CROWN PRINCE HOSPITAL IN PHITSANULOK

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Type of Work : Thesis (M.Ed. in Educational Research and Development),
Naresuan University, 1999.

The main objective of this research was to develop a health education program on self care for Diabetes Mellitus patients at Nakornthai Crown Prince Hospital in Phitsanulok province. The minor objectives were: 1) to survey knowledge on self care of Diabetes Mellitus patients, 2) to develop a new health education program and to study its efficiency, 3) to experiment using the health education program, and 4) to evaluate the health education program. The research was divided into four steps.

Step One: Interview 113 non – insulin dependent diabetes patients in Nakornthai District about their knowledge on self - care. Data were gathered through questionnaires and statistical devices included frequency, percentage, mean, means of percentage, and standard deviation.

Step Two: Develop a new health education program and study its efficiency on self - care for non - insulin dependent diabetes patients. The health education program was examined by five experts for its congruence and suitability. The health education program was used by 15 non - insulin dependent diabetes patients in Nernmaprang Hospital. The instruments were a health education program and a self - care test. Statistical devices were index of congruence and means of percentage.

Step Three: Experiment using the new health education program. The samples were 23 non - insulin dependent diabetes patients in Nakornthai Crown Prince Hospital. The instruments were the health education program and the multiple – choice self - care test. The t – test dependent method was used to differentiate the results of the test before and after the experiment.

Step Four: Evaluate the new health education program. The samples were 2 health educators and 23 non-insulin dependent diabetes patients who used the health education program. The instruments were questionnaires. The collected data was analyzed by mean and standard deviation.

The results of this research were as follows:

1. Most Diabetes Mellitus patients had low - level knowledge on self - care at 55.51 percent.
2. The health education program was congruence and suitable for non-insulin dependent diabetes patients. The efficiency ratio was 80.59/84.67
3. After using the health education program, Diabetes Mellitus patients acquired better knowledge about self - care at statistical significance level of .01.
4. The health educators considered input, process, and output of the health education program suitable ranging from moderate to high levels in all aspects. The Diabetes Mellitus patients considered them suitable ranging from high to highest levels.