

Thesis title	The Effects of a Self-Management Skill Training Program on Self - Management Behaviors Regarding Glycemic Control and Blood Sugar Level among Persons with Type 2 Diabetes Mellitus
Author	Sansanee Kongsakul
Degree	Master of Nursing Science (Community Nurse Practitioner)
Faculty	Faculty of Nursing, Thammasat University
Thesis Advisor	Asst. Prof. Dr. Teeranut Harnirattisai, Ph.D. (Nursing)
Thesis Co Advisor	Dr. Chodchoi Wattana, Ph.D. (Nursing)
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Abstract

Diabetes mellitus is a severe health problem in Thailand and all over the world. Persons with uncontrolled diabetes often experience several complications. The promotion of self-management skills for these persons will help control the disease and prevent complications. The purpose of this study was to determine the effects of a self-management skill training program on self-management behavior regarding glycemic control and blood sugar level among persons with type 2 diabetes mellitus.

This study was a quasi-experimental research design with a control group. There were sixty subjects with type 2 diabetes at an outpatient department in a community hospital in Pathumtanee province. The sample was randomly assigned to a control and experimental group. The experimental group participated in a self-management skill training program whereas the control group received routine nursing care. The instruments used were an evaluation form on self- management behaviors in relation to glycemic control and fasting blood sugar level. The researchers collected data before intervention for baseline, and four and eight weeks after entering the program. Data were analyzed by using descriptive statistics, independent t- test, paired t- test and repeated measures ANOVA.

The results indicated that the experimental group had a significantly higher level of self-management behaviors regarding the glycemic control score than the control group ($p < .01$) and a significantly lower level fasting blood sugar than the control group ($p < .05$)

These findings demonstrated the effectiveness of the self-management skill training program. It is recommended that this program can be applied in the community hospital in order to control and to prevent its complications. Longer study to follow up on blood sugar level change, along with the use of hemoglobin A 1 C indicator was recommended in further study.