

Thesis Title	Effects of a Diabetic Foot Care Promotion Program on Perceived Self- Efficacy for Foot Care and Foot Care Behaviors Among Type 2 Diabetic Patients in a Community Hospital
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Abstract

Diabetic foot ulcer has been supported globally as a significant cause of sepsis and amputation in people with Diabetes. The encouragement of patient's health promoting in proper foot care will help them reduce risk of diabetic foot ulcers.

This study aimed to examine the effects of a diabetic foot care promotion program on perceived self-efficacy for foot care and foot care behaviors among people with type 2 diabetes in a community hospital.

The sample were adults with type 2 diabetes who came for follow up visit at the diabetes clinic, Pamok hospital, Angthong province. The subjects were randomly assigned into the experimental and control groups. Seventy two were enrolled in the study, and 67 adults, with type 2 diabetes completed the study. The final sample included 34 cases in the experimental group and 33 cases in the control group.

The experimental group received the Diabetic foot care promotion program that was developed based on Health Belief Model and Self-Efficacy Theory. The program consisted of encouraging knowledge of diabetic foot in small group by using story telling technique, self-efficacy promotion for foot care, and two home visiting as well as phone calling by a nurse researcher.

The control group received a diabetes education by nurses at diabetic clinic. Data were collected at baseline and at 16-week by using perceived self-efficacy for foot

care questionnaires and foot care behaviors questionnaires that have been approved by three validators. The Cronbach's alpha coefficient of those questionnaires was 0.87 and 0.70, respectively. Data were analyzed using descriptive statistics, paired t-test, and ANCOVA.

The results revealed that at 16-week after enrollment, the experimental group showed a significant increased in perceived self-efficacy for foot care and foot care behaviors higher than before entering the program ($p < .001$, $p < .001$, respectively) and than those in the control group ($p < .001$, $p < .001$, respectively); whereas the control group had significant increased in perceived self-efficacy for foot care higher than baseline ($p < .01$), but not in foot care behaviors ($p > .05$).

Results from this study show that the diabetic foot care promotion program is effective to promote perceived self-efficacy for foot care and foot care behaviors in people with type 2 Diabetes that would help to decrease risk of diabetic foot ulcers. Results from this study suggest that a diabetic foot care promotion program should be used in diabetic clinics at community hospitals. The future study should focus on effects of the program on risk or evidence of foot ulcers in a longer time frame, or should be replicated in diabetic clinics at other levels of hospital.