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DIABETES MELLITUS PATIENT

UNCHALEE SANAUN : THE EFFECTS OF THE SUPPORTIVE EDUCATIVE
NURSING SYSTEM OF SELF CARE ON NONINSULIN DEPENDENT DIABETES
MELLITUS PATIENTS, PHIBOONMUNGSAHARN HOSPITAL, UBONRATCHATHANEE
PROVINCE. THESIS ADVISORS : TASSANEE NONTASORN, M.Ed. Ph.D. PRAKONG
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Non insulin dependent diabetes mellitus is a complex disease and the effective control of diabetes depends on proper self care. The purpose of this research was to study the effect of the supportive educative nursing system concerning knowledge, self care and metabolic control on non insulin dependent diabetes mellitus patients. The forty two patients came to attend the diabetes mellitus clinic at Phiboonmungsaharn hospital during March to September 1998. By using simple randomized sampling, subjects were divided into experimental group and control group. The experimental group received the supportive educative nursing system while the control group received usual nursing. Intervention took place over 8 weeks. Data were collected through interview with questionnaire and assessment of fasting blood sugar. The statistical analysis was done by using percentage, means, standard deviation, t-test and paired t-test.

Results of this study indicate that the mean scores of knowledge and self care in the experimental group were significantly better than those before experiment and than those of the control group ($P\text{-value} < 0.05$). In addition, the mean score of metabolic control in the experimental group was significantly better than before the experiment ($P\text{-value} < 0.05$).

The results showed that the supportive - educative nursing system used in this study is better than usual nursing system and could be applied to improve patients positive knowledge, self care and metabolic control. It is recommended that the supportive educative nursing system should be applied to all diabetes mellitus patients in Phiboonmungsaharn hospital.