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APIRADEE PLODNAIMUANG : THE EFFECTIVENESS OF EDUCATIVE-SUPPORTIVE PROGRAM TO IMPROVE PERCEIVED SELF-CARE EFFICACY AND DIABETIC CONTROL IN UNCONTROLLED TYPE 2 DIABETIC PATIENTS. THESIS ADVISORS : SOMCHIT HANUCHARURNKUL, M.S.N., Ph.D., SURAKIAT ACHANANUPARP, M.D., M.P.H. 163 P. ISBN 974-662-805-4

The purpose of this pre-experimental research was to test the effectiveness of the educative-supportive program on perceived self-care efficacy and diabetic control in uncontrolled type 2 diabetic patients. Purposive sampling was used to select 41 patients from the diabetic clinic, out patients department, Sappasithiprasong Hospital, Ubon Ratchathani. The educative-supportive program provided information on diabetic knowledge and self-care management through lecture, discussion, practice, videotape recording and pamphlets for one day in 2 large groups of 17 and 28 patients. This program was followed by small group meetings of 8-10 patients once a month, for 3 months. Perceived self-care efficacy and diabetic control were assessed twice; in the first month before entering the program and during the fourth month of the program. Fasting blood sugar (FBS) was assessed prior to entering the program and then every month, consecutively, for 4 months.

The findings indicated that in the fourth month, patients' mean scores on the total, and on each dimension of perceived self-care efficacy such as dietary control, medication management, exercises, self evaluation and prevention of hyper-hypoglycemia, hygiene and foot care and stress management were significantly higher than in the first month (all $ps < .0001$). Also, the means of fasting blood sugar level decreased significantly in each month compared to the prior month ($p < .05$). Finally, the mean score on diabetic control in the fourth month was significantly higher than in the first month ($p < .0001$). Thus, the conclusion is that the educative-supportive program is effective in helping this group of diabetics to control their disease and increase perceived self-care efficacy.