

Thesis Title      The Effectiveness of Support from Relatives on  
Diabetic Controlling Behavior among Elderly  
Patients at Diabetes Clinic Chulalongkorn Hospital.

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### ABSTRACT

The major causes of Hospital admittance and death among diabetic patients are acute and chronic complications. In addition, most of elderly diabetic patients have chronic complications. Elderly patients' proper health behaviors can help them to prevent complications. The main objective of this quasi-experimental study was to examine the effectiveness of support from relatives on diabetic Controlling behavior among elderly patients at Diabetes Clinic, Chulalongkorn Hospital. The sample were elderly patients getting this disease more than 5 years and treated with drugs. Thirty-eight and thirty-nine elderly diabetic patients were assigned to experimental group and comparison group respectively. The experimental group received support from relatives who attended special health education program while the comparison group received support from relatives who did not attend such special health education program. The sample in both groups were asked to report their daily behaviors through 12 weeks, using provided record form. Data were collected before and after the experiment by interview with schedule. Also, the sample blood and Lipid profile were tested.

Percentage distribution, Paired Samples t-test, Student's t-test and Pearson Product Moment Correlation Coefficient were employed to analyse data.

The results of the study revealed that after receiving support from relatives who attended special health education program. Those patients gained statistically more attitudes and practice than before. An average blood sugar level also decreased. The relationships between knowledge, attitudes and support from relatives were not found. There was significant relationship between practice and support from relatives. It should be noted that after attending special health education program, relatives provided significantly more support to patients regarding eating, taking drug, exercise, oral hygiene, foot caring, urine sugar test and keeping appointment to see the doctor than before.

The results suggest that support from relatives attending special health education program should be taken into consideration to provide effective and continual health education services for diabetic patients.