

Thesis Title The Effectiveness of a New Approach to a Health
Education Program on Self-Care Behavior of Non-
Insulin Dependent Diabetes Mellitus Patients
at Rajvithi Hospital

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Abstract

Non-Insulin dependent diabetes mellitus (NIDDM) is a complex disease that lasts a lifetime. It can be controled but not cured. Treatment involves extensive changes in the patient's lifestyle. So patient education program is a vital part of quality medical care in Diabetes Mellitus. The purpose of this research was to examine the effectiveness of a new approach to a health education as an integrated component of quality care. The approach emphasized the importance of self-care behavior of non-insulin dependent diabetes patients, which includeding knowledge, confidence in self-care abilities,

practice related to food control, taking diabetes oral pills, exercise and complying with appointments. The self-efficacy concept of Albert Bandura's model, and social support theory regarding on significant others, Lewin's force-field analysis theory were modified to design the conceptual framework and health education program. The study sample was recruited from diabetes patients type 2 (Non-Insulin Diabetes Melitus) who attended the out patient diabetic clinic of Rajvithi Hospital, Bangkok, during January to October 1991. The experimental group consisted of 80 patients, while a comparison group totaled 88. The experimental group was the subject of the health education program. No intervention was made with the comparison group. Data were collected 4 times. (1) at the beginning of the program before the health education program. (2) after the six weeks program of health education was conducted. (3) after 3 months. (4) follow-up according to appointment after experimental for 6 months. Data included results of 2 glycoelected Hemoglobin tests, one before and one 3 months after the experiment. The interview technique with structured questionnaires and observations check-list were employed for data collection during the health education program, and participation in group problem-solving carried on. Statistics used in data analysis were percentages, mean scores, and paired t-tests, Student's t-tests and multiple classification analysis.

After three months, health education program significantly contributed higher achievement in among those patients than prior to the study and comparison group in terms of changes in knowledge, self-efficacy and practice. In addition, it was found that knowledge, self-efficacy and practice were accounted for by the health education program of the variances at 47, 62, and 80 percent respectively. The 5 variables (program of health education, age, educational level, work load level and duration of diabetes mellitus illness) could account for

knowledge 33 percent, self-efficacy 47.5 percent and practice 69 percent. Meanwhile knowledge self-efficacy practice were accounted for by educational level of the variance 47, 21, and 15 percent respectively. Regarding the findings a new health education program approach provided for diabetes patients in diabetes mellitus clinics Rajvithi Hospital was very relevant to improve their self-care. The program was focuses on the enhancement of self confidence involvement of significant others and participation problem-solving should be paid greater attention and conducting program development in diabetes mellitus clinics in various hospitals of Thailand.