

Thesis Title Self - Care Promotion Program for Diabetes at the Level of a
 Provincial Hospital

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ABSTRACT

This participatory action research aimed at developing the model of promoting self - care among diabetic patients to control the level of glycosylate hemoglobin (HbA1c), increase perceived self - care agency and patients' satisfaction with care. Purposive sampling was used to select 30 adults with non insulin dependent diabetes mellitus in outpatient diabetic clinic ,Chachoengsao Hospital. The investigator promoted patients' self - care agency both by individual and group meetings once a month for four months. HbA1c , perceived self - care agency , and satisfaction with care were measured before the patients entered the program and four months later. Qualitative data pertained to factors influencing self - care behaviors , process of self - care agency development and method of promoting self - care agency were obtained using depth interview , group discussion and participant observation.

Results of the study indicated that after participating in self - care promotion program for four months. The patients' level of HbA1c decreased significantly whereas perceived self - care ability and satisfaction with care increased significantly compared to before entering into the program.

Qualitative data pertained to factors influencing self-care behaviors could be categorized into internal and external factors. The internal factors consisted of pattern of living , perception of the disease , length of diagnosis , health state and personal habit. The external factors were ; family system , sociocultural orientation and health care system. Educative supportive nursing system was used to promote self-care agency with eleven method of helpings. These methods were aimed at empowering the patients to be the agent of their own care.

Process of self-care agency development among diabetic patients required time , energy , effort , motivation , self discovering of appropriate actions , and reinforcement from significant person and health care providers. Phase of self-care as deliberate action reflects the validity of Orem's idea in that ; there were two phases ; phase one included estimative type operations proceeded to reflection understanding and judgement about the situation , phase two proceeded from the decision about what will be done , production of action and evaluation. Degrees of self-care agency development to meet the requirement for diabetic diet , exercise , drug administration and detecting and managing hypoglycemic symptoms were progress step by step from undeveloped , developing , developed but not stabilized and developed and stabilized. All patient's self-care agency could be developed to the degree of developed but not stabilized and developed and stabilized. Significant negative relationship between degrees of self-care agency development and HbA1c level was demonstrated after the patients entering the self-care promotion program.