

Thesis Title The Effectiveness of Health Education Program on Level
 of Blood Sugar Control among Diabetes Mellitus Patients
 at Charoenkrung Pracharak Hospital in Bangkok

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ABSTRACT

The effectiveness of blood sugar level control and complication prevention among non-insulin dependent diabetes mellitus patients, the best way to do are taking medicine and exercise regularly. The emphasis should be on diet control. The patients must become knowledgeable about disease as well as having positive perception of disease and practice in the right way.

The objective of this research was to assess the effectiveness of health education program by applying group process with modification of self-efficacy theory of Albert Bandura's Model and Health Belief Model for diet control and exercise. The study sample was non-insulin dependent diabetes mellitus patients who attended the medical out-patient department and the diabetes mellitus clinic at Charoenkrung Pracharak Hospital during November 1993 to March 1994 by simple random sampling. The experimental group comprised of 50 patients while the comparison group was 48. The experimental group received the health education program by group process for 1 hour and 30 minutes, 3 times at 1 month interval while the comparison group received a regular health education program. The data was collected by interviewed questionnaires and record forms. Frequencies, Percentages, Arithematics mean, Standard Deviation, Student's t-test,

Paired samples t-test, Chi-square test, and Pearson's Product Moment Correlation Coefficient were applied to analyse the data.

The results of this study showed that the experimental group gained a statistically higher level of the perceived susceptibility and severity to complication, the self-efficacy, the practice response-efficacy, and the practiceness than before experimentation and more than those of the comparison group, in addition it was found to be statistical positively associated with their behavior. Their educational level was significantly related to their regularity in their exercise ; but their sex, age, and duration of diabetes mellitus illness were not. In the experimental group, the Fasting Blood Sugar was decrease at the end of the program and rated significantly lower than those in the comparison group.

Regarding the findings, it should be recommended that the strategied health education program by the group process for the patients behavior change and self-efficacy, leading to blood sugar level control. It is possible to apply this program to other chronic disease patients.