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WANNARAT LAWANG: PROBLEMS AND HEALTH CARE NEEDS OF
DIABETIC PATIENTS STAYING AT HOME IN THE BANGKOK
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Diabetes Mellitus is a common health problem in Thailand. The qualities of good care are diabetic control and continuing patient home care. This study identifies the problems and health care needs of diabetic patients staying at home in the Bangkok metropolitan area. Data was gathered from four hundred subjects among diabetic patients living in Bangkok, using an interview questionnaire' constructed according to the Neuman System Model. Pearson's product moment correlation coefficient and chi-square test were used to test the significance of relationships.

The study revealed that 82.26% of diabetic patients had uncontrolled blood glucose level, 59.25% had complications, and overall, problems were moderately severe ($x=49.08$, $SD.=23.57$). Psychological problems appeared at the level of highest severity whereas spiritual problem were the lowest severity. When considering specific problems: physiological, psychological, socio-cultural, developmental, and spiritual problem, we found that physiological problems included dull headaches, tiredness, numbness in fingers and feet, and limited dietary options. Psychological problems were fear of complications, shock, and controlling blood glucose level. Unavailability of a home health care service and financial limitations were the main socio-cultural problems, while developmental problems included limitation in role functions. The spiritual problems were boredom, inferiority complex, and lack of faith sources. Significant correlations were found between problems and gender, age, education level, duration of illness, blood glucose level, treatment, complications, family income, family relationships, home environment, and health care service. Of the health care needs of diabetic patients, physiological needs were strongest (67.00%) followed by psychological needs (48.75%), socio-cultural needs (43.25%), developmental needs (31.25%), and spiritual needs (19.00%) respectively.

The recommendation for diabetic patient care is an emphasis on the continuing care between health service center and home with beneficial effects of a referral system. The clinical nurses and home visit nurses should be able to develop skill in assessing the problems and needs of diabetic patients by considering basic structure factors and environment factors associated with diabetic patients.