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RUNGRAWEE NAVICHARERN : EFFECTS OF COLLABORATIVE SYMPTOM MANAGEMENT BETWEEN A PATIENT WITH NON-INSULIN DEPENDENT DIABETES MELLITUS AND A NURSE. THESIS ADVISORS: SIRIORN SINDHU, D.N.Sc. JARIYAWAT KOMPAYAK, Dr. P.H. DUANGRUT WATTANAKITKRILEART.D.N.S. 127 PAGE ISBN 974-663-194-2

The objectives of this study were to determine 1) the effects of Collaborative Symptom Management between a patient with non-insulin dependent diabetes mellitus (NIDDM) and a nurse 2) perception of diabetic symptom experience and management. 40 subjects were recruited from the diabetic and general medical clinic at King Chulalongkorn Memorial Hospital, Thai Red Cross Society The interventions were implemented at home between patients with NIDDM and the researcher through a period of 8 weeks. The data were collected using an interviewed questionnaire. Analysis was done using descriptive statistic, Frequency, Mean and Standard deviation. Pair t-test was used to compare perception of health, patient satisfaction, blood glucose level and the Wilcoxon Signed-Ranks test was used to compare life disturbance.

Results showed that the mean scores of perception of health and patient satisfaction after Collaborative Symptom Management were significantly higher ($p < .01$) than before the intervention. Life disturbance and fructosamine were lowered significantly after the intervention ($p < .05$). However, the fasting plasma glucose level had no significant differences ($p > .05$) The results of perceived diabetic symptoms and their management experience demonstrated that 42.5% of patients had perceived hypoglycemia symptoms and 30% had perceived hyperglycemia symptoms. Patients reacted to hypoglycemia with food and glucose syrup. Patient reacted to hyperglycemia with no immediate action. Hyperglycemic symptoms were rarely found in diabetic patients. None of them had been aware of proper management techniques. Hypertension. The female perceived more symptom more than male. Pain in legs, pin picks in hands and feet were found in elderly diabetic patients.

The result suggest that Collaborative Symptom Management helps individuals with NIDDM to understand how to control diabetic symptom, delay long term complications, and continually evaluate the effectiveness and appropriateness of their individual management.