

3736305 RANU/M : MAJOR : NUTRITION; M. Sc. (NUTRITION)
KEY WORDS : DIABETES / MODIFIED DIET BROCHURE /
COUNSELING MODELS

WANNOP BESUWAN : EVALUATION OF THE EFFICIENCY
OF MODIFIED METHOD FOR SELF-CONTROL OF DIET AND
BODY WEIGHT IN DIABETIC PATIENTS. THESIS ADVISORS :
SURAT KOMINDR, M.D., PRASIT KEESUKPHAN, M.D.,
ORAWAN PUCHAIWATTANANON, D.Sc., SUPUJCHARA
NOPCHINDA, D.Sc. 135 p. ISBN 974-663-703-7

In spite of the coming of newer hypoglycemic agents, good dietary control remains the cornerstone of good diabetic therapy. Food exchange lists and food models have been used to accomplish the standard teaching program. However, this is time consuming and cumbersome. We have created a modified dietary brochure to assist the diabetic patient to achieve good diabetic control by oneself. This brochure will also simplify the teaching method and reduce the counseling time and teaching equipment. Therefore, the purposes of this study were to test the efficiency of this brochure concerning modified teaching methods by comparing it to the standard diet-teaching method. This efficiency will be tested by comparing the improvements of body weight, blood glucose, HbA_{1c}, cholesterol and triglycerides after 24 wks of follow ups in all groups.

Thirty-three diabetic patients ages 30 to 70 years were divided into 4 groups. They randomly underwent 4 different dietary counseling models for diabetic and weight control. Group I received a modified diet brochure only; group II received the brochure with oral explanation; group III received oral explanation according to the modified brochure only; group IV was taught by using the standard food exchanges and models. The results showed no significant difference on FBG in all groups between baseline and treatment periods. However, after counseling HbA_{1c} improved in all groups ($p < 0.05$). At wk 24, there were significant decreases in the HbA_{1c} from baseline of Gr. I, II and III ($9.54 \pm 1.34, 11.08 \pm 2.40$ and 9.23 ± 1.55 vs. $7.77 \pm 0.97, 8.79 \pm 2.30$ and 8.08 ± 1.73) while Gr. IV significant decreased from baseline at wk 8. However, the decreases of HbA_{1c} level in Gr. II were statistically significant from other groups in all periods. Only at wk 16, weight in Gr. IV was significantly lower than baseline (66 ± 7 vs. 64 ± 7 Kg., $p < 0.05$). No statistically significant differences were observed in the serum lipid levels during the study period in all groups.

These results indicate that this modified brochure helps to improve the long-term glycemic control with less counseling time and effort. The combination between the use of the modified brochure and verbal teaching (group II) gave the best glycemic improvement.