

Effect of self management education on diabetic patients

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Abstract: Diabetic become global epidemic. irrespective of modern approach to control it, its cases continuous increases. however, The diabetic individual need to knowledge and skill to make informed choice to facilitates self directed behavior change and ultimately to reduce the risk of complications, but by knowing its importance majority people not receive education yet now. However self management education proved effective for them, to access the knowledge, attitude and practice about self management or self care. visiting Allied hospital Faisalabad, a cross sectional study was conducted. Sample sizes of 100 patients (29-70 year) were selected. Total 20 questions regarding self care activities were selected to know about self management of diabetic patients. The study revealed great variance amongst different degree regarding self care provided them. Overall result 89% patients have positive response about self care. they well know about management of diabetes and have less chance of developing complications. only 11% patients develop complication those were unaware about it. It proved best tool for prevention from complication. Diabetic education helped the patients understand diabetes, its progression, and possible complications.

Key words: Diabetic mellitus, Self management education, Education.

Introduction (Aponte and Nickitas 2007) "Diabetic self management education (DSME) is ongoing process of facilitating the knowledge, skill and ability necessary for diabetes self care. "It is critical component of diabetic treatment because during last twenty year, the prevalence of diabetic has increased in many part of world. It is now estimated that between 340 and 536 million adults (aged 20-79 years) worldwide have diabetes. In Pakistan, there were 7 million cases of diabetic in 2015⁽¹⁾. Poorly managed diabetes results in hyperglycemia and eventually serious micro vascular and macro vascular complications. It is therefore vital that individuals to learn self activities to effectively manage their condition. Diabetes self-management education (DSME) is therefore seen as important tool to prevent from complication. But .there is many barriers (medicine cost. financial status, family support, physical limitation, health literacy level, etc) that effect on outcome of diabetic patient. (Essien, oko, 3 january 2017)

The purpose of this study is to evaluate the effect of self management education on diabetic patients. As previous studies evaluate the effectiveness of DSME, it is important for all of us to know about what is effect of self management education on diabetic patient.

Result:

In total of 100 patients, 67% were educated and 33% were uneducated. All diabetic patient, after receiving self management education, act upon it and showed different

result Education proved .63% effective very much, 16% effective considerable degree, 10% effective some degree education. Total 63% self management education proved effective. only 11% patients develop complication those were unaware about it. Diabetic patients were totally satisfied and they improved their quality of lives.

Conclusion:

This study confirms that diabetic patients who received self management education have better outcome and improved their quality of lives. It proved best tool for prevention from complication. Diabetic education helped the patients understand diabetes, its progression, and possible complications.

Discussion:

As a previous studies find out that DSME is effective for better outcome, my study also reveals that DSME is effective for better outcome of diabetic patient. Participated in the DSME has similar outcomes in A1C and patient satisfaction as previously reported. The DSME program improves patients' condition by maintaining blood sugar level. Diabetic education is helpful for patients understand diabetes, its progression, and possible complications. In whole study I checked the practice of self maintain of diabetic patients. I found that mostly participate were very well know about their disease. they known how they manage sign of hypoglycemia. foot care is important tool of care for diabetic patient. but mostly patient were not known, only 48% patients care very much. The value of diabetic self management activities is marked from previous studies that patient who not receive education have

more risk of developing the complications than those who receive education. So, it is necessary for health workers to motivate individuals through education, participation and self-management support for improving outcomes and prevent them from complications. Diabetic self-management education has a great effect for improving the quality of life for diabetic patients.

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