

ASSESS THE EFFECTIVENESS OF DIABETES EDUCATION ON PATIENTS

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Problem statement

This study was based on Hospitals in Ahmedabad to check the impact of education on patients with diabetes mellitus' knowledge and practise of managing their condition on their own.



“Prevent Diabetes: Protect
our future.”

—WHO

HYPOTHESIS

- There is a significant improvement in the knowledge and knowledge on practice after delivering the diabetic education regarding self care management of patients with diabetes mellitus.
- Providing the patient with the information, abilities, and skills necessary for self-aid in connection for the administration of insulin inj, glucose monitoring, diet, and complication recurrence is known as diabetic education.

OBJECTIVES:

- ❖ Evaluate the knowledge and self-aid management skills of diabetes patients.
- ❖ To inform people with diabetes mellitus on how they can manage their own care.
- ❖ To determine the effect of diabetes education on patients' understanding of and capacity to oversee their own care for diabetes.
- ❖ To compare the results expected with particular demographic data and knowledge of diabetes mellitus patients' self-care management.
- ❖ To correlate the results expected with particular demographic data and prior knowledge on how to manage diabetes mellitus patients' self-care.

METHODOLOGY:

Using a step-by-step process, a problem is identified and addresses using the systemic strategy.

For this study,

Q1 - Pretest X - Diabetic instruction on individuals who have diabetes mellitus managing their own care

Q2 - Post-test Study Settings The study was carried out in Ahmedabad hospitals.

Variables Dependent variables included expertise and understanding on practise for managing a patient's diabetes mellitus on their own, whereas independent variables included diabetic education on this topic. Demographic factors including age, sex, relatives, education, occupation, etc. were the determining factors.

DESCRIPTION:

Doctors and patients were scheduled for an interview, and questions were posed to determine what the patient understood and what awareness needed to be raised.

1st Demographic Performance Criteria It contains sample size, age, sex, family type, educational background, occupation, income, information gathered, eating preferences, and diabetes type.

Knowledge Questionnaire, Section 2. It comprises of questions to gauge diabetes mellitus patients' understanding in managing their own care. It covers nutrition, physical activity, self-administration of insulin, foot care, and relaxing techniques.

Questionnaire for Section 3: Knowledge of Practise It consists of statements to gauge patient understanding of self-care practises such as food, exercise, insulin administration. Each statement is accompanied by two questions.

ANALYSIS:

- ✓ To evaluate individuals with diabetes mellitus in terms of their understanding and use of self-care management

Pretest and posttest findings show a definite difference. It implies that individuals with the condition lacked sufficient understanding and expertise on how they should handle their own care prior to acquiring diabetic education.

- ✓ To provide information on diabetes regarding patients' self-care management

The distribution of knowledge scores between the pretest and posttest stages was looked at in. After the diabetic education intervention, there was a substantial improvement in knowledge levels. The participant knowledge appears to have significantly improved

- ✓ To evaluate how diabetes education affected individuals

A significant difference in knowledge scores between the pretest and posttest phases This demonstrates how diabetic education benefits participants knowledge of and ability to control their diabetes on a practical level.

CONCLUSIONS:

After participating in a diabetic education session, knowledge and information applied in practise have a substantial impact on managing diabetes mellitus. The knowledge and practise score after the test was greater than the score before the test. The developed hypothesis was accepted because diabetic education has a considerable impact on knowledge and practise among people with diabetes mellitus.

RECOMMENDATIONS:

- ❖ Long-term research for a sizable group can be done using a similar approach.
- ❖ Comparative research can involve two groups, such as an experimental and a control group.
- ❖ In a self-instructional module, comparative research is possible.
- ❖ Including family members in health care education
- ❖ You can instruct students on how to administer self-insulin injections using the demonstration technique.

A PICTURE FOR BETTER UNDERSTANDING

Doctors training and giving education to clients

