

عنوان مقاله:

Effect of Family-centered Empowerment Model on Eating Habits, Weight, Hemoglobin A1C, and Blood Glucose in Iranian Patients with Type 2 Diabetes

محل انتشار:

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نویسندگان:

Hossein Nasrabadi - *MSc in Community Health, School of Nursing and Midwifery, Birjand University of Medical Sciences, Birjand, Iran*

Fahimeh Nikraftar - *Instructor, Nursing Department, Faculty of Nursing and Midwifery, Birjand University of Medical Sciences, Birjand, Iran*

Mojtaba Gholami - *Department of Nursing, Faculty of Nursing and Midwifery, Birjand University of Medical Sciences, Birjand, Iran*

Gholamhossein Mahmoudirad - *Associate Professor, Nursing Department, Faculty of Nursing and Midwifery, Birjand University of Medical Sciences, Birjand, Iran*

خلاصه مقاله:

Background: Families play a peculiar role in adherence to treatment in diabetic patients; therefore, it seems that interference in motivational, psychological, and self-issued characteristics based on the family-centered empowerment model (FCEM) affects this adherence. **Aim:** The present study aimed to determine the effect of FCEM on eating habits, weight, hemoglobin A1C, and blood glucose control in Iranian patients with type 2 diabetes. **Method:** This semi-experimental study was conducted on 70 participants with type 2 diabetes in a diabetes clinic in Birjand, Iran, in 2018. The participants were selected via purposive sampling and randomly assigned to two groups of control ($n=35$) and intervention ($n=35$) using block randomization. The intervention group received family-centered empowerment training for four weekly-held 90-min sessions. Data were collected using demographic and disease characteristics form and Azartel et al.'s Dietary Behaviors Questionnaire and analyzed in SPSS software (version 19). **Results:** The mean age scores of participants in the intervention and control groups were 49.66 ± 6.37 and 49.46 ± 5.98 years, respectively. The intervention group showed an increasing trend through time, where the mean scores for eating habits and blood glucose had insignificant improvement one month ($P > 0.05$) and three months ($p < 0.05$) after the intervention. Hemoglobin A1C level reduced significantly in the intervention group three months after the intervention ($p < 0.05$), as compared to that in the control group ($P > 0.05$). **Implications for Practice:** The FCEM can improve nutritional behaviors, hemoglobin A1C, and blood glucose in type 2 diabetic patients. This intervention can guide health care providers on .how to improve the eating habits of diabetic patients through family empowerment training

کلمات کلیدی:

Blood glucose, eating habits, empowerment model, Family, Hemoglobin A1C, Type 2 diabetes

لینک ثابت مقاله در پایگاه سیویلیکا:

