

عنوان مقاله:

Effect of Nutrition Education using Electronic Methods on Blood Lipids and Glucose in Type II Diabetic Patients

محل انتشار:

مجله بین المللی علوم بهداشت و زندگی، دوره 1، شماره 2 (سال: 1394)

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خلاصه مقاله:

Use of innovative teaching methods may be effective in controlling the disease and reducing its complications. In this study, we aimed to examine the effect of nutrition education using electronic methods on blood lipid and glucose levels in type II diabetic patients in Kermanshah in 2012. The study population comprised type II diabetic patients visiting the Kermanshah diabetic center. Sixty patients, selected by convenience sampling method, were divided into three groups of twenty patients each. Data were collected before, after, and 3 months after intervention by filling in a questionnaire and from blood tests (FBS, HbA1c, T-c, TG, LDL-C, and HDL-C). Data were analyzed using Kruskal-Wallis and Friedman ANOVA using SPSS version 16. FBS, T-C, TG; LDL-C were significantly different in the blog group ($P=0.004$, $P=0.010$, $P=0.017$, and $P=0.001$, respectively). LDL-C decreased in group-collaborative blogs ($P=0.010$), and there was a significant difference in FBS, TG, and LDL-C in the SMS Group ($P=0.004$, $P=0.047$, and $P=0.005$, respectively). The study results showed that using electronic methods can be effective in controlling blood lipid and glucose levels in diabetic patients and may reduce diabetic complications. Thus, provision of increased nutrition knowledge and information via new training techniques by diabetes centers in the country is recommended for diabetic patients.

کلمات کلیدی:

،Nutrition education,Electronic methods,Blood lipids and glucose,Diabetes

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