عنوان مقاله:
بررسی تاثیر آموزش مجازی بر پیروی از رژیم غذایی بیماران مبتلا به دیابت نوع 2

محل انتشار:
مجله مراقبت مبتنی بر شواهد, دوره 3, شماره 3 (سال: 1392)

تعداد صفحات اصل مقاله: 8

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خلاصه مقاله:
Background: The diabetes mellitus is a disease with the disability to metabolize carbohydrates. The global prevalence of diabetes has estimated to be 439 million in 2030. Modification to the diet is an important factor in curing diabetes. Virtual learning is an important tool to guarantee the access of all patients to the dietary instructions. Aim: To determine the effect of E-learning education on dietary regimen in type 2 diabetic patients. Methods: This semi-experimental study was conducted on 85 patients suffering from diabetes type-2 admitted to ShahidQodsi health center in Mashhad. They were divided into two groups. Pre-and post-intervention questionnaire data and blood samples were recorded. The data were analyzed using SPSS Ver.11.5. Results: The results showed that after the intervention, there was a significant increase in average value of adherence to the diet in group receiving virtual learning, compared to the group with face-to-face instructions (p<0.05). The average and df were statistically significant in both groups in terms of glicosyled hemoglobin (p=0.001). Conclusion: Considering the results of the present study, as virtual learning has a significant effect on adherence to the diet and several elements such as facilities, it is recommended for the nurses to get familiar with this type of learning method and instruct the patients in diabetes centers.

کلمات کلیدی:
Diabetes type-2, E- learning, Diet adherence

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