

## عنوان مقاله:

تأثیر آموزش بر اساس مدل مدیریت متمرکز بر علائم بر میزان هموگلوبین گلیکوزیله، آگاهی دیابتی، رفتارهای خودمراقبتی و علائم بیماران دیابتی نوع دو

## محل انتشار:

مجله مراقبت مبتنی بر شواهد، دوره 3، شماره 2 (سال: 1392)

تعداد صفحات اصل مقاله: 10

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## خلاصه مقاله:

Background: Diabetes control needs more effective educational programs. Self-care education is an important factor in diabetes control. It seems that the symptoms can be the proper stimulus for the direction toward self-care. Aim: To evaluate the effects of the using SFMM on HbA1c, knowledge, self care practices, and symptoms of type2 diabetic patients. Methods: Seventy type 2 diabetic patients were randomly assigned to the intervention and control groups. Data was assessed using four-part questionnaire, diabetic knowledge, self-care practices and symptoms of patients. HbA1c was also measured. The subjects in the intervention group received 3-4 individual educational sessions, which lasted 60-90 minutes. The educational sessions were focused on the self-management behaviors. The subjects in the control group received routine educations. After 3 months, the above mentioned variables were measured again. Data was analyzed with SPSS 15.0 and STATA using paired T-tests, GLM, fisher-test, and covariance. Results: The finding presented in this study showed a decrease in HbA1c levels in the experimental group, however, this decrease did not reach statistical significance ( $P=0/06$ ). There was a significant increase in the knowledge of diabetes ( $P<0/001$ ) and self-care practices such as diet ( $P=0/02$ ). The intervention group experienced a decrease in hyperglycemia and hypoglycemia symptoms ( $P=0/02$ ,  $nP=0/02$ ). However, no statistical differences were observed in foot-care ( $P=0/56$ ), physical activity ( $P=0/3$ ), blood glucose control ( $P=0/4$ ), and medication ( $P=0/35$ ) self-care practices. The differences in frequency of sensational symptoms ( $P=0/33$ ), and other symptoms of patients between two groups were not significant ( $P=0/12$ ). Conclusion: The results showed that application of this model (SFMM) is effective in the .education of type 2 diabetes. In addition, this model suggested the need for designing educational programs

## کلمات کلیدی:

health education, Diabetes mellitus type 2, Symptom Focused Management Model

