

عنوان مقاله:

The Impact of Diabetes Self-Management Teaching on Health Related of Quality of Life in Diabetic Elderly Females

محل انتشار:

پنجمین کنگره کشوری کمیته تحقیقات دانشجویی دانشگاه علوم پزشکی رفسنجان (سال: 1398)

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خلاصه مقاله:

Background and Aim: Diabetes is a chronic illness that requires continuing medical care and patient self-management education to reduce the risk of long-term and acute complications. The aim of the present study was to determine the effectiveness of diabetes self-management education on quality of life in elderly females with diabetic mellitus type 2 in Shiraz, Iran. **Method:** The study was conducted from January to April 2014 at the Jahandidegan center, a day center affiliated to Shiraz welfare organization. The instrument used for the study was the Quality of life Questionnaire WHO QOL-BREF SF26. After an explanation of the aim of the study by the researcher, 90 participants with all the required criteria and G.H.Q score ≤ 23 were selected as the study sample for the intervention. Participants divided into experimental and control groups, and completed WHO QOL-BREF before the intervention, 2 and 3 months after the last session of education. **Result:** It is shown that 2 and 3 months after the intervention, QOL scores had a significant difference between the two groups. In other words, the training sessions improved the score of QOL in the intervention group $P < 0.001$ versus control group $P = 0.5$. **Conclusion:** The Behavioral Intervention Program significantly improved the quality of life outcomes of the diabetic elderly females. Thus, it is concluded that the diabetic individuals can be significantly improved following instruction by health care providers.

کلمات کلیدی:

diabetes, elderly females, Quality of Life, self-management education

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