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INTEGRATED HEALTH EDUCATION ON SELF CARE BEHAVIOUR AND GLICEMIC CONTROL IN DIABETES MELLITUS PATIENTS: PRE EXPERIMENTAL

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ABSTRACT

Introduction: Diabetes mellitus (DM) is a chronic disease that can cause many complications because poor of diabetic self-management (self-care behavior). Diabetic self-management can control blood glucose. Most diabetes mellitus patients do not know how to manage their disease. This study aimed to analyze the influence of integrated health education to increase self-care behavior and glycemic control.

Methods: This study used an experimental design of one-group pre-posttest design. The population were 38 diabetic patients from Tikuung health center. The total samples were 30 respondents, 8 respondents were drop out. The independent variable was an integrated health education including about DM, diet in DM, physical activity, oral anti-diabetic and foot care, with the meeting frequency once a week for 4 weeks in 60 minutes of each meeting. The dependent variables was self-care behavior by using measurements SDSCA (Summary of Diabetes Self-Care Activities) that about diet, physical activity, uses oral anti-diabetic, glycemic control and foot care. Glycemic control used 2 hour post prandial of blood sugar as measured by laboratory. The data were analyzed by the Wilcoxon signed rank test with significance values p < 0.05.

Result: The statistical results showed that both self-care behavior (70%) and glycemic control (63.3%) were increased after an integrated health education intervention (p = 0.00).

Conclusion: This study recommends the need for integrated education to enhance self-management of blood sugar control for diabetic patients. Thus, further research about family and social support for improving self-care behavior in DM patients is imperative.

Keywords: Integrated Health Education, Self-care Behavior, Glycemic Control, Diabetes mellitus