

## **PP 02 - Impact of Diabetes Self-Care Management Education on Changing Self- Care Practices among Type 2 Diabetes Mellitus Patients**

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**Background:** Diabetes self-care management education (DSME) facilitate all people with diabetes to improve knowledge, skills and ability to self-care themselves and sustain their behaviors required to manage their condition on an ongoing basis.

**Objectives:** This study was carried out to investigate the impact of DSME on changing self-care practices among Type 2 Diabetes Mellitus patients.

**Methodology:** This descriptive cross-sectional study was conducted among 50 voluntary diabetes clinic attendees at the Teaching Hospital, Peradeniya in early 2018. Data were collected using content validated, pre-tested, self-administered questionnaire which comprised of four essential self-care behaviors; medications, eating habits, physical activeness and risk reduction behaviors (foot care and regular blood testing). The questionnaire was administered prior to the DSME session (Pre-DSME) and one month following the session (post-DSME). Data were analyzed using descriptive statistics.

**Results and conclusions:** Most of the participants were males (n=29, 57%), married (n=57, 94%), employed (n=41, 84%), had oral hypoglycemic medications (n=42, 84%) while others had both oral medications and insulin. According to the findings of pre-DSME, the most known self-care behavior found among clinic attendees was compliance for hypoglycemic medications (94%) and it was reached to 96% at the post-DSME assessment. According to the finding of post-DSME session, there was an apparent improvement in regular testing of blood glucose (pre-DSME -32%, post-DSME - 86%), and in foot care (pre-DSME - 14%, post-DSME - 24%). However, there was very little improvement in other important self-care behaviors including physical exercises (pre-DSME - 62%, pre-DSME - 64%), and use of appropriate dietary patterns (pre-DSME - 52%, post-DSME- 60%). Medication compliance in this cohort shown to be sound good. Though findings show some improvement in regular monitoring of blood glucose status because of DSME, some important aspects of self-care management including, dietary pattern, physical exercises and foot care need to be encouraged through continuous education.

**Keywords:** Type 2 Diabetes Mellitus, self-care practices, diabetes self-care management education (DSME)