Effectiveness of diabetes education on Adult diabetic patients

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Introduction:-
Diabetes is a global health emergency of the 21st century and the prevalence of diabetes has increased worldwide. In Oman, the prevalence of diabetes mellitus is almost similar to worldwide figures. Healthcare professionals play a major role in educating diabetic patients. Therefore, it is important for the patients to attend diabetes education to improve their self-care management. Consequently, it prevents long term complication. The study was conducted on out patients in a tertiary National Diabetes and Endocrine Center (NDEC) under Ministry of Health started in Oman.

Objectives:-
To assess the awareness of practice and knowledge related to the diabetes self-management as well as to assess the impact of health education service on patients (practice and knowledge) in National diabetes and Endocrine center (NDEC).

Material and methods:-
A cross sectional survey study was conducted for 181 patients with type 1 & type 2 diabetes, using questionnaire survey. It was divided in to two parts; practice and knowledge. The first group consist of (n = 61) of patients who did not receive education in NDEC and the second group patients who received education and followed with diabetes educator more than two session (n = 120). The study includes both genders; ages were above 12 years old. Data were collected six – twelve months. Data gathered and analyzed by using software SPSS.

Results:-
Among the follow up group 71.7% had good knowledge level compare to 49.2% among the new patients. This different was statistically significant with (P value = 0.01) and therefore the intervention was effective in increasing knowledge. With regard the health education intervention on the practice level, 80.8% of the patients who received health education in NDEC had good practice level compare to 59% of the patients who did not receive education in NDEC with (P value = 0.002).

Conclusion:-
Diabetes self-management education is significantly induced a positive attitude towards patient’s active participation in the control and management of their disease. It considers being very important to reduce long term complication; improve patients outcome and better health and disease management. Furthermore, it should be sustained.