

**THE EFFECTS OF EDUCATION BASED ON HOME HEALTH CARE  
AIMING AT IMPROVING SELF CARE KNOWLEDGE, ATTITUDE TOWARDS  
DECISION-MAKING AND PRACTICE IN POORLY CONTROLLED BLOOD  
GLUCOSE LEVEL OF NON-INSULIN-DEPENDENT DIABETES MELLITUS**

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**Thesis Title**                    The effects of education based on home health care aiming at improving self care knowledge, attitude towards decision-making and practice in poorly controlled blood glucose level of non-insulin-dependent diabetes mellitus.

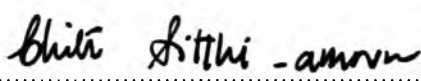
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## ABSTRACT

Non-insulin-dependent diabetes mellitus (NIDDM) is a serious, chronic illness and is considered to be a “life style” disorder that causes serious health complications and affects about 90% of diabetics in Thailand. The high blood glucose level of NIDDM may lead to acute and chronic complications. The management of chronic illness requires an adequate and continuous practice of self care abilities to keep their blood glucose level within an acceptable range and to reduce the risk of developing complications.

Self care is the practice of individuals initiating and performing activities on their own behalf to maintain life, health and well-being. NIDDM is an example of a chronic disease in which patients should receive self care teaching as it is necessary for patients to understand the disease and self care requisites for seeking and applying to their daily lives to achieve good diabetic control. In a capitated opinion, community health nurses have long practiced the concept of self care to help keep the person healthy, it is a priority and falls under the preview of nursing. This study proposes to use Orem’s nursing theory and also synthesis nursing process for enhancing the education program.

This study focuses on studying the effects of an education program based on home health care and is aimed to compare the self care ability regarding knowledge, attitude towards decision-making and practice before and after entering the program among the poorly controlled blood glucose level NIDDM patients . The results of this study are expected to help develop and design standard guidelines for understanding the patient’s perspective on prescribing a plan of diabetic service modalities.

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## CONTENTS

	<b>PAGE</b>
ABSTRACT	iii
ACKNOWLEDGEMENTS	iv
CONTENTS	v
LIST OF TABLES	viii
LIST OF FIGURES	ix
 <b>CHAPTER I</b>	 <b>1-3</b>
INTRODUCTION.....	1
 <b>CHAPTER II ESSAY</b>	 <b>4-53</b>
2.1 Introduction.....	4
2.2 The problem situation.....	6
2.2.1 Definition of the problem.....	6
2.2.2 reason, assumption and evidence.....	12
2.2.3 The causal web of the problem.....	15
2.3 The mechanism of the problem situation.....	18
2.3.1 Causes of the problem situation.....	18
2.3.2 Consequence of the problem situation.....	28
2.4 Areas to be improved and priority problems.....	29
2.5 Improving the problem situation.....	30
2.6 Mechanism of the solution.....	33
2.7 The proposed intervention.....	36

2.8	Conclusion.....	45
2.9	References.....	47
<b>CHAPTER III PROPOSAL</b>		<b>54-87</b>
3.1	Introduction.....	54
3.2	Purpose of the study.....	58
3.3	Objective.....	59
	3.3.1 General objective.....	59
	3.3.2 Specific objective.....	59
3.4	Methodology.....	62
	3.4.1 Study design.....	64
	3.4.2 Study population.....	64
	3.4.3 Instrument.....	65
	3.4.4 Data collection.....	68
	3.4.5 Data analysis.....	71
3.5	Intervention design.....	72
	3.5.1 Training activity.....	72
	3.5.2 Expected outcome.....	83
3.6	Ethical consideration.....	84
3.7	Limitations.....	84
3.8	Activity plan.....	85
3.9	Budget.....	79

<b>CHAPTER IV DATA EXERCISE</b>	<b>88-103</b>
4.1 Introduction.....	88
4.2 Objective.....	89
4.2.1 General objective.....	89
4.2.2 Specific objective.....	90
4.3 Methodology.....	90
4.3.1 Instrument.....	91
4.3.2 Data collection.....	92
4.3.3 Data management.....	92
4.4 Results.....	93
4.4.1 Demographic data.....	93
4.4.2 Self care ability data.....	95
4.5 Discussion.....	101
4.6 Limitations.....	102
4.7 Lesson learned.....	102
<b>CHAPTER V PRESENTATION</b>	<b>104-112</b>
<b>CHAPTER VI ANNOTATED BIBLIOGRAPHY</b>	<b>113-114</b>
<b>APPENDICES</b>	<b>115-128</b>
I Map of Ayutthaya province.....	116
II Questionnaire for the data exercise.....	117-122
III Thai version of the questionnaire for data exercise.....	123-128
<b>STUDENT CURRICULUM VITAE</b>	<b>129</b>

**LIST OF TABLES**

<b>TABLE</b>	<b>PAGE</b>
2.1 Diagnosis values for the oral glucose tolerance test.....	11
2.2 Therapy target.....	12
3.1 Time schedule for data collection.....	70
3.2 Training activity.....	73
3.3 Activity plan of proposed study.....	86
3.4 Estimated expenditure for program activities.....	87
4.1 Baseline characteristics of the study population.....	94
4.2 Mean score of demographic characteristics.....	95
4.3 Subject responses for each knowledge statement.....	96
4.4 Subject responses for decision-making statement.....	98
4.5 Subject responses for practice statement.....	100



**LIST OF FIGURES**

<b>FIGURES</b>	<b>PAGE</b>
2.1 Diabetes mortality rate in the Ayutthaya province.....	13
2.2 Prevalence rate cause of illness hospitalization in the Ayutthaya province.....	14
2.3 Conceptual framework of the causal web.....	17
2.4 Diagram of social cognitive theory.....	24
2.5 Influence on self-care behaviour.....	25
2.6 A conceptual framework of nursing.....	35
2.7 The role of the diabetes nurse specialist.....	44
3.1 Conceptual model of study.....	64
3.2 The data collection procedure.....	68
3.3 The educational process.....	77