Title: Educational group and telephone follow up effects on blood glucose and adherence to treatment in type 2 diabetes patients

A Thesis Presented for M.Sc. Degree

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Abstract:

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Background: Training and continuous dynamic communication between patients and health professionals in chronic diseases like diabetes, is important. The aim of this study is to evaluate the effects of group education and nurse-telephone follow up on glycemic control and adherence with treatment orders in patients with type 2 diabetes attending to diabetes clinic in khomein.

Methods: In this clinical trial, 62 patients with type 2 diabetes who attending to the diabetes clinic were selected and randomly assigned to experiment and control groups. Self-care group education was applied for case group (n=31) and they were followed up using telephone calls for 12 weeks by a nurse. The control group (n=31) were received the conventional care and educations in clinic and no additional intervention on behalf of researcher. For data gathering a three section questionnaire including demographic characteristics, blood glucose indices (FBS, 2hpp BS, Hb A1C) and adherence to treatment recommendations(diet, drug, exercise)was used. Before and after interventions findings were compared.

Results: The mean age of intervention and control groups was 50.9±7.3 and 55.1±10.1. After interventions all of Blood glucose indices mean in experiment group were significantly reduced (p<0.0001). In control group only FBS were reduced(p<0.011) but 2hppBS and HbA1C were not changed significantly (p<0.185, p< 0.198). Comparision of adhrerence to treatment plan mean score before and after study in experiment group,increased about 15 score that was statistically significant(p< 0.0001), whereas in control group was not showed significant change (p< 0.174).

Conclusion: According to the results of the current study self-care group education and 12 weeks follow up by a nurse using telephone causes significant improvement in blood glucose control indices and adherence to treatment recommendations in diabetic patients.

Key words :Educational intervention, telephone follow up ,type 2 diabetes, adherence to treatment plan