In the name of God,

Tehran University of Medical Science

International Campus

Nursing and Midwifery School

TITLE:

The Effect of a-Self-Care Training Program on Adherence to Medication

Regimen and self-care activity in Diabetic Patients in Iraq- 2023"

"A thesis submitted as partial fulfillment of the requirement for Master of Science (MSc) Degree"

In

Medical Surgical Nursing

By

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Abstract

Background: Type 2 diabetes is one of the most common metabolic diseases in the world, Type 2 diabetes affects the quality of life negatively. However, patients with it can still live a normal life and take the necessary self-care measures to manage symptoms and prevent complications in the long term, so among the responsibilities of self-care for the patient is the commitment to take the recommended treatment, change dietary habits, exercise monitor blood glucose, and taking care of the feet. Given that no study was conducted in the city of Nasiriyah (Iraq), this research was conducted to evaluate the effect of a self-care training program on adherence to a medication regimen and self-care activity in diabetic patients in al Nasiriyah city (Iraq).

Methods: This research was a Randomized Control Trial study (RCT) conducted in (2023) in Nasiriyah, Iraq. A total of 70 subjects with type 2 diabetes mellitus were recruited from the Diabetes and Endocrinology Center in Nasiriyah (Iraq), and divided into control and intervention groups. Iraq Anti-Diabetic Medication Adherence scale was used to measure adherence to medication and self-care activities (Summary of Diabetes Self-Care Activities). The validity and reliability was checked by face and content validity. Data analysis was performed using SPSS software, version 16.

Results: The mean age of the participants was 50-59 years (32.9%). Most of the participants were female, 41 (58.6%), were Married 48 (68.6%), lived in urban areas 43 (61.4%), 29 (41.4%) had a primary education level, and most 45 (64.3%) of them were from low-income families. There was significant increase in medication adherence (P=0.0001) and self-care activities (P=0.0001) after the intervention in study group, in comparison with control group.

Conclusion: The study showed the effectiveness of a self-care training program on medication adherence and self-care activities (diet, exercise, blood glucose measurement, and foot care) in patients with type 2 diabetes. We suggest that healthcare providers use the research results and the educational materials to

improve treatment adherence and self-care activities for people with type 2 diabetes.