



Evaluation of Effectiveness of Educational Programme on Diabetes and Insulin Therapy

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ABSTRACT : Diabetes is a chronic progressive disease that requires lifestyle changes, especially in the areas of nutrition and physical activity. Careful management and insulin therapy results in the best possible blood glucose levels to avoid complication. The objective of the study was to provide the diabetic patients with an understanding of insulin therapy. Type I and type II diabetic patients (N= 25 in each group) taking insulin therapy were selected. Awareness regarding diabetes and insulin therapy was evaluated through personal interaction and questionnaire for the study. It was found that 12 per cent subjects had high awareness level and 26 per cent and 62 per cent subjects were observed to have average and low awareness, respectively. An educational programme was worked out to educate the patients about insulin therapy. The patients were given counseling through several sessions for a period one month. At the end of counseling session's degree of awareness and diabetes management was reevaluated. A remarkable increase in awareness, understanding and improvement in glycemic levels were observed in the patients taking insulin therapy. Analysis by paired t test indicated a significant difference ($p < 0.001$) in the scores obtained before and after introducing the education plan on diabetes and insulin therapy.

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Diabetes Mellitus is a syndrome with disordered metabolism and inappropriate hyperglycemia due to either a deficiency of insulin secretion or to a combination of insulin resistance and inadequate insulin secretion to compensate (Davis, 2001). Diabetes is a chronic progressive disease that requires lifestyle changes, especially in the areas of nutrition and physical activity. The overall goal of medical and nutritional therapy is to assist persons with diabetes in making self-directed behavioral changes that will improve their overall health (Franz, 2001). People who self-manage their diabetes often have better outcome and fewer short term and long term complications (Norris *et al.*, 2001; Wysocki *et al.*, 2003) Research had found that patients who had education on the use of their meters and how to interpret the data are more likely to perform self-

blood glucose monitoring on a regular basis (Franz, 2001). Education and ongoing self-management support are needed for informed decision making and the initiation and maintenance of insulin therapy. Therefore, diabetes educators have a critical role to play during both the decision-making process and the safe transition to insulin therapy. The present study was undertaken with the objectives to assess awareness level regarding insulin therapy of type 1 and type 2 diabetic subjects who were on insulin therapy and evaluate effectiveness of educational programme.

RESEARCH METHODOLOGY

The present study was conducted on type 1 and type 2 diabetic patients (N=25 in each group) who were on insulin therapy and came regularly at diabetes centre, Gwalior. An

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