

# EFFECT OF SELF-MANAGEMENT EDUCATION ON DIABETIC PATIENTS

<sup>1</sup>Madiha Manzoor, <sup>2</sup>Shafquat Inayat

<sup>1</sup>Email Address: [ahsanjee3399@gmail.com](mailto:ahsanjee3399@gmail.com), 03035895101

<sup>2</sup>Email Address: [Shafquat.rana@hotmail.com](mailto:Shafquat.rana@hotmail.com), 03345886160

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**Abstract:** The study was conducted to evaluate the effect of self management education on patients with all type of diabetes.

**Design:** A Cross sectional study design was used to evaluate the diabetic patient who received education has better outcome and improved quality of life then those who not received education.

**Setting:** Medical,surgical and Gynae unit in Allied hospital Faisalabad. **Subjects:** The study model point out of hundred patients with all type diabetes (29-70 year) who were willing assigned. In this study, I only took feedback from diabetic patients through questionnaires about how they received education and how it improved effective for them.

**Result:** There were major differences between the educations received and not received diabetic patients. A total of 100 diabetic patient, the finding of my study is 63% .only 11% patients develop complication those were unaware about it. .

**Conclusion:** The finding of study reveals that self management education had effect on outcome, improved quality of life and not developed the complications.

**Keywords:** Diabetic mellitus, Self management education, Education.

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## 1. INTRODUCTION

### Background:

“Diabetic self management education (DSME) is ongoing process of facilitating the knowledge, skill and ability necessary for diabetes self care. “It is critical component of diabetic treatment because during last twenty year, the prevalence of diabetic has increased in many part of world. It is now estimated that between 340 and 536 million adults (aged 20–79 years) worldwide have diabetes, with the disease accounting for an estimated 14.5% of global all-cause mortality in 2015. In Pakistan, there were 7 million cases of diabetic in 2015<sup>(1)</sup>. .Poorly managed diabetes results in hyperglycemia and eventually serious micro vascular and macro vascular complications. However, tightly controlling blood glucose levels through the effective use of medication and the management of key lifestyle factors, such as diet and exercise, reduces the risk of serious complications developing and progressing. It is therefore vital that individuals develop the knowledge and skills necessary to effectively manage their condition. Diabetes self-management education (DSME) is therefore seen as “a critical element of care for all people with diabetes and those at risk of developing disease. But .there is many barriers (medicine cost. financial status , family support, physical limitation, health literacy level, etc) that effect on outcome of diabetic patient. (Essien,oko,3 january 2017)

The purpose of this study is to evaluate the effect of self management education on diabetic patients. It is important to give education about diet, exercise, personal hygiene, blood sugar monitoring and medicine to patients.

As previous studies evaluate the effectiveness of DSME, it is important for all of us to know about what is effect of self management education on diabetic patient.

## 2. RESULT

In total of 100 patients, 67% were educated and 33% were uneducated. All diabetic patient, after receiving self management education ,act upon it and showed different result Education proved .63% effective very much,16%effective considerable degree,10% effective some degree education. Total 63% self management education proved effective .only 11% patients develop complication those were unaware about it. It also proved effective for female with gestation diabetic then other type of diabetic. Diabetic patients were totally satisfied and they improved their quality of lives.

## 3. CONCLUSION

This study confirms that diabetic patients who received self management education have better outcome and improved their quality of lives. It proved best tool for prevention from complication. Diabetic education helped the patients understand diabetes, its progression, and possible complications.

## 4. DISCUSSION

As a previous studies find out that DSME is effective for better outcome, my study also reveals that DSME is effective for better outcome of diabetic patient. Participated in the DSME has similar outcomes in A1C and patient satisfaction as previously reported. The DSME program improves patients' condition by maintaining blood sugar level. This reduction of risks and complications of diabetes improves patient outcome. Diabetic education is helpful for patients understand diabetes, its progression, and possible complications. Assisting patients with diabetes to appreciate and learn the value of self-management is a critical step in the implementation of DSME. The DSME program improves patients' outcomes by reducing A1C. It also provides encouragement and guidance to the patients to help them engage in self-care management for optimal health.

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