



A study to assess the knowledge regarding self care activities among diabetic patients in selected hospitals at Rajkot with a view to develop information booklet

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Abstract

A study to assess the knowledge regarding self-care activities among diabetic patients in selected hospitals at Rajkot with a view to develop information booklet. (a) The objectives of the study were to assess the level of Knowledge on Self-care activities among the patients with diabetes mellitus. (b) To find out the association between level of knowledge on Self-care activities among the patients with diabetes mellitus and selected socio demographic variables.

The research approach selected for the study was quantitative research descriptive research design. The study conducted at selected hospitals at Rajkot. Total 50 sample selected from hospitals at Rajkot setting based on non-probability convenient sampling. The researcher used information booklet for data collection regarding demographic variables. As part of my intervention information booklet on knowledge of the diabetic patients about self-care activities at selected hospitals of Rajkot. The collected data were analyzed by using descriptive statistical method. frequency, percentage and Chi-square was used to evaluate the effectiveness of self-care activities among diabetic patients with a view to develop information booklet assess the level of knowledge regarding care of Diabetes mellitus.

Among selected 50 samples 6 (12%) had Adequate Knowledge, 40 (80%) had Moderately Adequate Knowledge and 4 (8%) had Inadequate Knowledge.

Keywords: evaluate, effectiveness, information booklet, knowledge, self-care activities, diabetic patients

Introduction

Health is a dynamic condition resulting from a body's constant adjustment and adaptation in response to stress and changes in the environment for maintaining an inner equilibrium. Wellness is first and foremost a choice to assume responsibility for the quality of our life. It begins with a conscious decision to shape a healthy life style. wellness is a mind-set, a pre-disposition to adopt a series of key principles in varied life areas that lead to high levels of well-being and life satisfactions (Anson, 2012) ^[1].

Diabetes mellitus is a group of metabolic diseases in which a person has high blood sugar, either because the pancreas does not produce enough insulin or because cell do not respond to the insulin that is produced. The high blood sugar produces the classical symptoms of polyuria, polydipsia and polyphagia (Metcalf, 2011) ^[2].

Need for the study

“Prevent Diabetes: protect our future” -WHO

Diabetes mellitus is a silent disease and now recognized as one of the fastest growing threats to public health in almost all countries of the world. Diabetes is an autoimmune disease in which pancreases no longer produces the insulin. Insulin is a hormone that enables people to get energy from food. It occurs when the body's immune system attacks and destroys the insulin producing cells in the pancreas called beta cells (Richard A, 2012) ^[3].

Self-care is the key to the development of the patient is independence and self-esteem. Patients with diabetes must perform a complex set of self-care activities, to keep the blood glucose level in a normal range, including insulin

administration, monitoring blood glucose and following a healthy diet, however diabetes self-management is demanding and requires much effort, skill and knowledge, the diabetes skill training helps to develop skill, and ability necessary for diabetes self-care (Stephanie Austin, 2011) ^[4].

The exercise should be a part of diabetic management it should be planned according to the patient interest and capabilities. Regular exercises aid the body to use the food and often reduces the insulin requirement, the exercise may lead to hypoglycaemia during or following the activities (Bernardini, *et al.* 2013) ^[5].

The goal of diabetes education includes encouraging the patient to do exercises and also to acquire knowledge and skill to manage the hypoglycaemia and hyperglycaemia. The main goal of the National Diabetes Prevention and Control Programme (NDPCP) is to reduce the burden of disease and to increase the awareness and knowledge on diabetes (Rivellese 2019) ^[6].

Lammichael (2020) stated that this year alone more than 187,000 people will die of diabetes, it is the sixth leading cause of death, every day over 2200 are diagnosed with diabetic. educational need only can help the diabetic clients to take care of themselves effectively (Nightingale Nursing Times, 2021) ^[7].

4Diabetic self-care management education is the process of providing knowledge and skill to perform self-care on a day to-day basis of the person with diabetic mellitus, self-management education, teaches the relationship among medical, nutrition therapy, activity level, emotional, physical status on medications, then respond appropriately continually to those factors to achieve and, maintain optimum glucose control (Jayalakshmi, 2011) ^[8].

Objectives of the study

1. To assess the level of Knowledge on Self-care activities among the patients with diabetes mellitus.
2. To find out the association between level of knowledge on Self-care activities among the patients with diabetes mellitus and selected socio demographic variables.

Hypotheses

H1: There will be significant association between level of knowledge score and their selected socio demographic variables.

Material and methodology

Research approach

Quantitative research approach was considered appropriate for the present study.

Research design

The research design used for the present study is descriptive research design.

Setting

Selected hospitals of Rajkot.

Population

- **Target population:** The population of the study included the diabetes mellitus patients, who are admitted in hospitals at Rajkot.
- **Accessible population:** The population of the study included the diabetes mellitus patients, who are admitted in selected hospitals at Rajkot.

Sample

The sample of the study comprised of 50 diabetics patients who are admitted in selected hospitals at Rajkot.

Sampling technique

- The sample was selected by Non probability Convenient sampling technique for the study.
- Inadequate knowledge:< 8%

Data analysis and interpretation

The collected data were analyzed by using descriptive statistical method.

Result

Major findings

The major findings of the study include

Findings related to demographic characteristics of subject

- Majority of 22(44%) diabetic patient were between the age of 51 years and above.
- Majority of 37(74%) diabetic patient were male sex.
- Majority of diabetic patient 34 (68%) were Muslim.
- Majority of diabetic patient education 22 (44%) secondary / higher secondary education.
- Majority of occupation of diabetic patient 20(40%) were self-employed.
- Majority of family monthly income 24(48%) were Rs. 6001 to Rs. 9000.
- Majority of type of family 36 (72%) were joint family.
- Majority of food pattern 35 (70%) were non vegetarian.

Majority of duration of illness 27 (54%) were below 5-year duration of illness.

Majority of sources of knowledge 19 (38%) got the knowledge from the health personnel.

Level of knowledge classified as adequate, moderately adequate, and inadequate. In adequate 6(12%), moderately adequate 40 (80%) and inadequate 4(8%). It shows that most of the diabetic patient had moderately adequate knowledge.

There was a significant association between the knowledge and the demographic variable such as age, religion, education. There was no significant association between the demographic variables such as sex, occupation, family monthly income, type of family, food pattern, and duration of illness and source of knowledge.

Conclusion

The main conclusion from this present study is that most of the diabetes mellitus clients had moderately adequate knowledge. So, the level of Knowledge of Diabetic Patients, should be enhanced by using structured teaching programmes, seminars, leaflets, pamphlets, etc.

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