

البحث الخامس

Effect of lifestyle intervention on health behaviors, weight and blood glucose level among patients with diabetes mellitus

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Abstract:

Diabetes in adults is a global health problem and is considered as one of the main threats to human health and its management requires a fundamental change in patient's lifestyle. The aim of this study was assess the effect of lifestyle intervention on health behaviors, weight and blood glucose level among patients with diabetes mellitus.

Methods: A quasi-experimental research design was conducted in outpatient clinics for Diabetes Mellitus at Mansoura University Hospital and Mansoura Health Insurance Hospital, Egypt. The data were collected from 50 adult patients of both sex randomized selected who corresponded to inclusion criteria. A questionnaire (pre and post test) was used to collect data on socio-demographic characteristics, knowledge. Also blood glucose level and weight was taken for physical assessment and health promoting lifestyle profile II. **Results:** The results revealed that the majority of study subjects were married females. There was a statistically significant increase in mean of knowledge and health promoting behaviors at immediate and follow up test. Also it was found reduction in body weight and improve of blood glucose levels of studied group. **Conclusion:** Health education was effective methods on the studied patients' knowledge scores, decrease weight, improve blood glucose level and health behaviors in the study group. **It was recommended** that, diabetes patients should be given a written instruction plan for self- management measures of diabetes is better to improve patients outcome.

إمضاء مقدم البحث

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