

**Effect of Tele-nursing Services on Healthy  
Lifestyle and Self-Efficacy among Gestational  
Diabetes Women**

**Abstract:**

Gestational diabetes is a serious health problem. Applying tele-nursing in healthcare is increasingly prioritized to reduce maternal mortality, morbidity and improve newborns' survival especially in remote areas. **Aim of the study:** To examine the effect of tele-nursing services on healthy lifestyle and self-efficacy among gestational diabetes women. **Design:** A quasi - experimental design was adopted. Setting: The study was conducted

at the Maternal and Child Health Center in the Fayoum University Hospital. Sample: One hundred and one mothers with gestational diabetes were enrolled in the study and randomly divided into study and control groups. **Tools:** Four tools were used for data collection: I) A structured interviewing questionnaire, II) Health promotion lifestyle profile scale, III) Self-efficacy of health behaviors, and IV) Women satisfaction Likert scale. **Results:** There were statically significant differences between both groups regarding the health promotion lifestyle profile as well as self efficacy scores at 32 and 37 weeks of gestation. The mean level of fasting blood glucose was significantly lower in the study group than the control group at 37 weeks of gestation ( $p < 0.05$ ). Meanwhile the

mean level of postprandial blood glucose was significantly lower than the control group at 32 and 37 weeks of gestation ( $p < 0.05$ ). As well as, the mothers who received the telephone support achieved increased numbers of attendances to the antenatal center for follow up. In addition, the satisfaction level was high among the mothers who received the telephone support than those in the control group. **Conclusion:** The findings of this study demonstrated that tele-nursing support could significantly enhance the health promotion lifestyle profile and self efficacy scores, as well as maintain blood glucose levels among mothers with gestational diabetes and also increase the adherence to antenatal visits.

