In context of diabetic clinics which are being provided in the community hospital, providing VDOs and diabetes handbook is an easy method for limited time of diabetes clinic in community hospitals that have limited number of staff. Remarkably, attending VDOs Programme and taking diabetes handbook back home improved diabetes knowledge but blood sugar level was not show a significant difference. Although, both of watching VDOs and receiving diabetes patients hand book covered all of knowledge, diet exercise, medical taking and diabetes control behaviours, patients have no more chances for sharing their limitation of diabetes control. They need to clear some conflict between activities should be done as the suggestion in a hand book and in their real life. This is a main point for checking understanding of diabetes people and applying health sciences to their daily activities.

Therefore, the method that influences all knowledge, perception, self-care and blood sugar control should be trying in Thai rural area. A group-based education is one choice should be considered. Participant will be encouraged to learn a success or failure strategies from other patients and health professions. Group learning process is a good example because diabetes patients and their family learn directly from the real practice. They may choose or apply the best method for themselves. Moreover, health professions can learn and understand individual problems and give more specific suggestion to each patient.