# An effectiveness of a programme of group education for type 2 diabetics in rural area

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ABSTRACT

Objective

To evaluate the effectiveness of a programme of group education and self-management for type 2 diabetics in rural area.

Introduction

The number of new cases of Thai diabetics rises from 310,401 to 714,892 between 2003 and 2007. Over the same period the complication cases increased from 64,545 to 144,917 ([1](#_ENREF_1), [2](#_ENREF_2)). Three hospital-based studies ([3-5](#_ENREF_3)) have suggested that education improves diabetes knowledge, health behaviour and blood sugar levels. However, a group education for diabetic villagers needs to be more visible.

Method and Evaluation

Diabetes type 2 patients were invited to participate in a two day group education programme. The two-session was one month apart. Participants were allocated to a group of about ten people which facilitated by a nurse. Patients shared with the group their individual accounts, self-management, self-care plan for reducing blood sugar levels and preventing complications. The effectiveness of the programme was measured by using two questionnaires The Brief Illness Perception Questionnaire (Brief IPQ) and the Diabetes Empowerment Scale (DES), Blood pressure (BP) and Body Mass Index (BMI), Plasma glucose concentration (HbA1C). These tests were administered at the baseline and at five month.

Results

There were 44 patients participate in a programme of group education. 25% were male and 75% were female. Statistics of student paired t-test showed that there were significant differences among three subscales of DES (mean difference=xx, 95% CI xx.x% -xx.x%, p-value <.05). In case of Perception of illness, a significant difference was found in perception of personal control (mean difference=xx, 95% CI xx.x% -xx.x%, p-value <.05), identity (mean difference = xx, 95% CI xx.x% -xx.x%, p-value <.05) and coherence (mean difference=xx, 95% CI xx.x% -xx.x%, p-value <.05). BMI, BP and HbA1C were not found a significant difference.

Conclusion

After attending a group education programme, participants had a greater of the Diabetes Empowerment Scale and Illness Perception but BMI, BP and HbA1C were not found a significant difference. Because of the limitation of one – group quasi experimental study, the comparison group will be required for more trustable in the future study.

Key word:

diabetes type 2, group education, self-management, Thai diabetes