

Thesis Title	The Effect of Supportive-Developmental Nursing Program on Self-Care Practices of Persons with Type 2 Diabetes at the Hospital of University Science Malaysia
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### ABSTRACT

The purpose of this quasi-experimental research is to examine the effect of supportive-developmental nursing program on self-care practices of persons with Type 2 diabetes. The supportive-developmental nursing program based on Orem's Self-Care Deficit Nursing Theory was used as the theoretical framework of the study.

The purposive sampling of sixty adults with Type 2 diabetes patients who attended diabetes clinic at outpatient department, University Hospital Science Malaysia was performed. The subjects were divided into two groups. The first group of 30 patients were assigned as the control group who receiving usual care and the second group of 30 patients were assigned as the experimental group who receiving usual care coupled with supportive-developmental nursing program. The helping methods for promoting capability of Type 2 diabetes person to care for self composed of; 1) teaching, 2) guiding, 3) supporting, 4) providing environment, and 5) building relationship. Data were collected by using two sets of questionnaires developed by the researcher, i.e., Demographic and Health Information Form and Diabetes Self-Care Practice Questionnaire. The demographics and health information coupled with the pre-test of self-care practice were evaluated on the first day of entry to the study. The post-test of self-care practice questionnaire were evaluated at the second visit for the control group, while the experimental group was reassessed at the fourth week of the intervention. The data were analyzed using inferential statistics of frequency, percentage, standard deviation, t-test, and analysis of covariance (ANCOVA).

The results revealed that after participating to the program, the mean scores of total and subtotal self-care practices of the experimental group, i.e., dietary control, exercise, medication

taking, stress management, and personal hygiene were significantly higher than the control group ( $p < .01$ ). Thus, the supportive-developmental nursing program is effective in helping the Type 2 diabetes patients in improving their self-care practices. The study suggest that the application of the supportive-developmental nursing program would be extended for other health care centers and for patients with other chronic illnesses.