

CHAPTER 5

CONCLUSION AND RECOMMENDATION

Conclusion

A quasi-experimental research, two group pretest-posttest design, was conducted at outpatient clinic of University Hospital Science Malaysia from April to June, 2005. It aimed to examine the effect of supportive-developmental nursing program on self-care practices of patients with Type 2 diabetes. Sixty subjects were recruited in the study. The inclusion criteria for the sample selection were: 1) being diagnosed of Type 2 diabetes mellitus not more than three months, 2) voluntarily consent to participate in the study, 3) never been admitted in hospital because of diabetes, and 4) able to communicate in Malaysian language. The subjects were equally divided to two groups, i.e., experimental and control group. The control group received usual care, while the experimental group received supportive-developmental nursing program. Diabetes Self-Care Practices Questionnaires developed by the researcher were used to assess the subjects' pretest and posttest of their self-care practices. Descriptive statistical analysis that included frequency, percentage, mean, and standard deviation were used to describe the patients' demographics and health information. ANCOVA was used to test the differences of total mean score self-care practices between the control and the experimental groups by having pre-test scores of self-care practices controlled as the covariate variable. In this chapter, the topics will be presented as follows:

1. Summary of the study results
2. Implications and recommendations
3. Strengths and limitation

Summary of the study results

Most of the subjects in the experimental and the control groups were older than 53 years old, had completed high school, and had received monthly income from 1000 to 2000 ringgit. Majority of the patients had experienced having diabetes for approximately 1-3 years and had received usual care at the clinic from both their doctors and nurses. Nearly all of the diabetes

patients received oral medications as their major treatments. At the fourth week of the intervention, the persons with Type 2 diabetes who received supportive-developmental nursing program coupled with usual care achieved higher score of self-care practices than those who received only usual care.

The mean score and standard deviation of self-care practices for Type 2 diabetes in experimental group was higher than the control group. Of the five dimensions of self-care practices in the experimental group, the highest mean score was on personal hygiene ($M = 5.17$, $SD = 0.78$), followed by medication taking ($M = 4.88$, $SD = 0.54$), exercise ($M = 4.18$, $SD = 0.76$), dietary control ($M = 4.11$, $SD = 0.60$), and stress management ($M = 3.69$, $SD = 0.70$) (see Appendix C).

The Implications and Recommendations

The results presented the significant effect of supportive-developmental nursing program on self-care practices of patients with diabetes. Nurses should use helping methods; teaching, guiding, supporting, providing environment, and building relationship for promoting patients' capability towards diabetes management. Referring to the findings of this study, the following implementations are recommended.

Nursing practice

Nurses who providing care for persons with diabetes should be responsible for the supportive-developmental nursing program by adopting five helping methods, such as teaching, guiding, supporting, providing environment, and building relationship in promoting the patients' capabilities to perform better self-care practices.

Nursing education

The supportive-developmental nursing program can be integrated as a guideline in the nursing curriculum for guiding the students to develop their ability in promoting Type 2 diabetes towards self-care practices.

Nursing research

The intervention developed in this study can be a guideline for developing a future experimental study, which aimed to improve self-care practice and health outcomes of people

with diabetes mellitus. In addition, a longer period for evaluation would be needed in order to ensure that self-care practices and other health outcomes can be sustained by the program.

Strength and Limitations

Supportive-developmental nursing program was able to promote patients' capabilities on responding to their self-care needs. However, the researcher could not control the health information received by the subjects from other healthcare professionals or non-healthcare providers such as friends and family members that might had affected the results of this study.