

CONTENTS

	Page
Contents.....	(vi)
List of Tables	(ix)
List of Figures	(x)
CHAPTER	
1. INTRODUCTION	1
Background and Significance of the Problem	1
Objective	3
Research Question	3
Hypothesis	3
Conceptual Framework	3
Definition of Terms	5
Significance of the Study	7
2. LITERATURE REVIEW	8
Overview of Type 2 Diabetes	8
Definition	8
Prevalence	9
Risk factors	10
Complications	11
Orem's Nursing Theory	12
Self-care Practices of Type 2 Diabetes	15
Dietary control	16
Exercise	17
Medication taking	17
Stress management	18
Personal hygiene	18
The Supportive-Developmental Nursing Program on Persons with Diabetes	19
Measurement of Self-care Practice	23
Summary	24
3. METHODOLOGY	25

(vi)

CONTENTS (Continued)

	Page
Study Design	25
Population and Setting	25
Sample	25
Sample size	25
Sampling methods	26
Instrumentation	26
Demographics and health information form	27
Diabetes self-care practice questionnaire	27
Manual handbook	28
Supportive-developmental nursing care plan	28
Intervention	29
The experimental group	30
The control group	32
Ethical Consideration	32
Data Collection	33
Preparation phase	33
Implementing phase	33
Control group	34
Experimental group	34
Data Analysis	34
4. RESULTS AND DISCUSSIONS	36
Findings of the Study	36
Subjects' characteristics	36
Self-care practices of persons with Type 2 diabetes	39
Discussion	43
Characteristics of subjects	43
Self-care practices of Type 2 diabetes patients	44
Effect of the supportive-developmental nursing program	44
5. CONCLUSION AND RECOMMENDATION	51
Conclusion	51

CONTENTS (Continued)

	Page
Summary of the results	51
The Implications and Recommendations	52
Nursing practice	52
Nursing education	52
Nursing research	52
Strengths and Limitations	53
References	54
Appendices	67
A. Informed Consent	69
B. Instruments	72
C. Tables	80
D. Supportive-Developmental Nursing Care Plan	100
E. Guidelines for Diabetes Patients	128
F. Expert List	129
VITAE	132

LIST OF TABLES

Tables		Page
1	Frequency and percentage of subjects by demographic characteristics	37
2	Comparison of age, duration of illness, and glucose level of person with Type 2 diabetes in the control and the experimental groups	39
3	Pre-test and post-test mean scores and standard deviations on the total and subtotal of self-care practices of the control and experimental groups	40
4	Comparison of total scores of post-test self-care practices between the control and experimental groups	41
5	Comparison of post-test subtotal scores of self-care practices of dietary control, exercise, medication taking, stress management, and personal hygiene between the control and experimental groups	42

LIST OF FIGURES

Figure		Page
1	Theoretical framework of the study	5
2 Intervention of the study	35