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Nursing driven, group education for patients, a vital resource for sustained diabetes self-management

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According to current figures in Pakistan 7.1 million people suffer from diabetes, making it the seventh highest population of diabetic patients in the world. Education is the cornerstone of diabetes care. Lack of awareness can lead to patients suffering from diabetes complications. This project was conducted to determine the knowledge and practices of the patients and make them independent through continue education so they can participate their Diabetes management programme. To evaluate the impact and effectiveness of a structured multidisciplinary group education programme for diabetic patients about their disease; psychosocial factors and lifestyle measures. This data was collected from endocrine clinic at the Aga Khan University hospital from year 2011- 2012. A total number of 17 patients, 8 males and 9 females, 3 with type-1 and 14 with type-2 diabetes mellitus (DM) were included in the project. Data was retrieved from pre & post questionnaire sheets which were recorded during patients visit in the “Diabetes Modular Classes”. The comparison of pre and post knowledge assessment of approx 17 patients, who attended all four modules, revealed that their pre knowledge score were 67.6% where as their post results after attended all sessions were 87.3%. Comparison of pre & post quiz results shows that multidisciplinary well planned group education programme have better impact on patient's. The knowledge impart via these classes make patients independent regarding their self-management of disease process & life style modification.

Biography

Sana Hassan Ali, has completed her Midwifery in 2002 at Aga Khan Hospital for Women's Garden & completed her Registered Nurse (Diploma) program at The Aga Khan University Hospital in 2010, more over she has also done her Diploma in Diabetes from Baqai University of Endocrinology in (2011). She joined Endocrinology Unit of Aga Khan University Hospital in 2010 and working as a Diabetes Nurse Educator in Endocrine Clinic.

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