

The efficacy of Structured Teaching Programme (STP) on knowledge, practice, attitude and glycemic level of individuals suffering from type 2 diabetes mellitus at selected hospital, Tumkur, Karnataka, India

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It is estimated that every fifth person with diabetes will be Indian and every fifth adult in Indian urban areas is diabetic. Keeping in view the alarming increase in incidence and prevalence of diabetes in India, the WHO declared India as the 'Diabetic Capital' of the world. The present study aims to improve the knowledge, practice, develop positive attitudes on lifestyle modifications, health maintenance behavior and stress and to reduce blood glucose levels among type 2 diabetic individuals through a Structure Teaching Programme (STP). A Quasi-experimental pretest and posttest design was used. A total of 200 sample was divided in to experimental (100) group and control group (100) after measuring the glycemic levels of the subjects. A structured questionnaire was administered to collect data before and after intervention. The findings reveal that the knowledge scores practice scores and attitude scores of subjects in the experimental group increased significantly after STP, whereas in the control group there was no improvement. There was reduction in the glycemic level of the subjects in the experimental group and there was no significant reduction in the glycemic level of the subjects in the control group. There is a positive correlation between pretest ($r=0.620$) and post-test ($r=0.655$) knowledge and practice scores of the type 2 diabetic individuals in the experimental group and Pretest ($r=0.728$) and post-test ($r=0.716$) knowledge and practice scores in the control group. There is no correlation between knowledge and attitude scores,

knowledge and glycemic level, practice and attitude scores, and practice and glycemic level of type 2 diabetic individuals in both the groups. The study concludes that the structured teaching programme is effective in improving knowledge, practice and developing a positive attitude and in reducing the glycemic level of type 2 diabetic individuals.

Biography: Ramu Kuruba is a well known academician and research scholar with copious experience in the nursing field. He served as a member in various national and state level nursing committees and Health science universities. His articles published in national and international journals. Currently, he is a member of board nursing studies in Rajiv Gandhi University of Health Sciences and State Student Nurses Association advisor. He received best principal award on the occasion of International nurses day.

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