

**THE EFFECTS OF EDUCATION BASED ON HOME HEALTH CARE  
AIMING AT IMPROVING SELF CARE KNOWLEDGE, ATTITUDE TOWARDS  
DECISION-MAKING AND PRACTICE IN POORLY CONTROLLED BLOOD  
GLUCOSE LEVEL OF NON-INSULIN-DEPENDENT DIABETES MELLITUS**



**Daranee Boonyapaisarncharoen**

วิทยาลัยวิทยาศาสตร์สาธารณสุข  
A Thesis Submitted in Partial Fulfillment of the Requirements  
for the Degree of Master of Public Health  
Health Systems Development Programme  
COLLEGE OF PUBLIC HEALTH SCIENCES  
College of Public Health  
CHULALONGKORN UNIVERSITY  
Academic Year 1999

ISBN: 974-333-127-1

© College of Public Health, Chulalongkorn University,  
Bangkok, Thailand

## ABSTRACT

Non-insulin-dependent diabetes mellitus (NIDDM) is a serious, chronic illness and is considered to be a “life style” disorder that causes serious health complications and affects about 90% of diabetics in Thailand. The high blood glucose level of NIDDM may lead to acute and chronic complications. The management of chronic illness requires an adequate and continuous practice of self care abilities to keep their blood glucose level within an acceptable range and to reduce the risk of developing complications.

Self care is the practice of individuals initiating and performing activities on their own behalf to maintain life, health and well-being. NIDDM is an example of a chronic disease in which patients should receive self care teaching as it is necessary for patients to understand the disease and self care requisites for seeking and applying to their daily lives to achieve good diabetic control. In a capitated opinion, community health nurses have long practiced the concept of self care to help keep the person healthy, it is a priority and falls under the preview of nursing. This study proposes to use Orem’s nursing theory and also synthesis nursing process for enhancing the education program.

This study focuses on studying the effects of an education program based on home health care and is aimed to compare the self care ability regarding knowledge, attitude towards decision-making and practice before and after entering the program among the poorly controlled blood glucose level NIDDM patients. The results of this study are expected to help develop and design standard guidelines for understanding the patient’s perspective on prescribing a plan of diabetic service modalities.