

IMPACT OF HEALTH EDUCATION ON KNOWLEDGE, ATTITUDE, SELF CARE PRACTICES AND LIFE STYLE MODIFICATION FACTORS IN DIABETIC PATIENTS

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ABSTRACT

Introduction: According to the recent World Health Organization report, India today leads the world with over 32 million diabetic patients and this number is projected to increase to 79.4 million by the year 2030. There is an increasing amount of evidence that the patient education is the most effective way to lessen the complications of diabetes and its management. The present study is carried out to determine the effect of health education on knowledge regarding diabetes, adopting healthy life styles and improving self care practices.

Material and Methods: A Community based descriptive epidemiological interventional study was conducted at Cheetah Camp urban slum, which is a field practice area of Department of Preventive and Social Medicine, of T.N. Medical College Mumbai. Diabetic patients above 40 years of age were included in this study. The information was gathered by personal interview using semi-structured schedule.

Results: Out of 272 Type 2 diabetic patients, 182 were females and 90 were males. Before intervention 88.2%, 88.7%, 83.8% patients had poor knowledge, attitude and practices respectively which decreased to 21.76%, 25.1%, 33.81% respectively. There was also improvement in self care practices and life style modification factors.

Conclusions: Health education plays a significant role in increasing knowledge about diabetes and motivates patients to adopt healthy lifestyle. Significant improvement in self care practices and diabetic status of patients was seen after health intervention.

KEYWORDS: Diabetes, Health Education, KAP, Urban Slum