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Efficacy of the compliance program for basal insulin usage standardization in outpatients with diabetes

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Background: Daily management of diabetes is the prerequisite to promote blood glucose and quality of life in diabetic patients, especially in patients with insulin therapy. The self-management behaviors in diabetic patients with initial basal insulin therapy have attracted little attention in the literature.

Objective: To investigate the blood glucose levels and self-management behaviors in diabetic patients with initial basal insulin therapy. And analyze the effect of the Compliance Program for Basal Insulin Usage Standardization on self-management behaviors of diabetic patients.

Methods: A convenient sample of 257 outpatients with initial basal insulin therapy hospitalized in a major hospital during February 2016 to October and August 2016 participated in the study on a voluntary basis. Initial diabetes education was conducted to participants by nursing specialists. Patients' demographic information and the result of glycosylated hemoglobin were collected at initiate. Short message and telephone follow-up were conducted regularly. The items of summary of diabetes self-care activities (SDSCA) were gathered by questionnaires at initiate and after three months.

Results: The blood glucose control conditions were poor among diabetic patients starting basal insulin therapy, with 24 patients (9.3%) meet the goal of glycosylated hemoglobin (HbA1c<7%). And the total SDSCA score was about (26.64±14.71) at initiate, in which 64 patients (24.9%) performed well. The total score of self-management behaviors was significantly improved after three months intervention with score of (50.61±8.48) and 192 patients (74.7%) performed well. All dimensions of self-management behaviors was significantly different (P<0.01).

Conclusion: The blood glucose levels and self-management behaviors in diabetic patients with initial basal insulin therapy are not optimistic. And the compliance program for basal insulin usage standardization contributes to improve diabetes self-care activities.

Biography

Xiaoxia Chang is a Graduate student who has studied in Sichuan University and is registered in West China Hospital. She has published 2 papers in core journals in China. Her major is Clinical Nursing and she is devoted to improve and/or maintain the health behaviors of patients.

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