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Relationships among relocation stress, depression and glycemic control in type 2 diabetes

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Purpose: To evaluate the relationships among relocation stress, depression and glycemic control in type 2 diabetes people in long term care facilities.

Methods: This study used a cross-sectional descriptive correlation design with the purposive sampling method to recruit 126 elderly diabetic patients who had relocation to long term care facilities in one year. The modified Chinese version relocation appraisal scale (MC-RAS), depression (DASS-21) questionnaires and glycemic levels were used to measure outcomes.

Results: The mean score of MC-RAS scales was 72.47 (SD23.85) and the standardized percentage were 62.47, which accounted for medium degree. In diabetes control, the mean of HbA1C after 90 days was 7.71(SD1.42), the mean of AC sugar after 14 days was 221(SD81.6). The result showed that diabetes was poorly controlled after admitted to long term care facilities. The involuntary relocating (r=0.34, p<0.05), low functional independence (r=0.66, p<0.05), poor health (r=0.25, p<0.05) and depression (r=0.25, p<0.05) associated with poor diabetes control. The significant predictors for diabetes control were low functional independence, which accounted for 67.7% of the total variance of diabetes control.

Conclusion: High relocation stress and depression enhanced glycemic control levels. This finding could form a basis for caring people with type 2 diabetes and provide a reference for further research.

Biography

Shu-Ming Chen has completed his PhD in 1998 from Griffith University and has worked on diabetes nursing care. She is an Assistant Professor of Nursing, Fooyin University of Nursing School. She has published more than 25 papers in reputed journals and more than 54 papers in international conferences.

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