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Nursing experience of the health-belief model in an insulin-dependent diabetes mellitus patients with ketoacidosis

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Insulin-Dependent Diabetes Mellitus (IDDM) also known as type-1 diabetes is an autoimmune disorder in which the body destroys the cells in the pancreas that produce insulin. Nowadays IDDM is not incurable, but needs long term control. This paper described the nursing experience for 19-year-old boy resulted from type-1 diabetes complicated with ketoacidosis. The author used a healthy belief model to help improve the self-care abilities of patient who lacked initial appreciation/understanding of self-care needs. The nursing period is from April 17 to April 20, 2017. Data were collected by physical examination and Gordon's functional health pattern assessment framework and the main health issues were confirmed as lack of knowledge, anxiety and need for family process. During the care process, the author leveraged the resources of social workers and private organizations to reduce the pressure on the subject's family by providing economic assistance, housekeeping services as well as teaching the patient the skills needed for self-sufficiency. In the process of nursing, the author actively listened to the patient's concerns and feelings and established a well nurse-patient relationship to help the patient to confront the facts. Also, the author provide the information of diabetic diet care and blood sugar control and improve patient's self-care ability and overcome the impacts of disease. By encouraging the subject to think positively and acknowledge the subject's own contributions, total care was achieved through reducing anxiety, putting the subject's family situation back in order and improving the subject's quality of life. Therefore, nursing experience from this case report can help nurses who take care of similar cases in the future.

Biography

Huang Chin-Yu is pursuing her Master's degree at School of Nursing, Fooyin University and served three years as RN Assistant Teacher, Department of Nursing, Tzu Hui Institute of Technology.

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