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Self-monitoring of blood glucose in noninsulin-using type 2 diabetic patients: A qualitative study

Chen-Mei Chen

Chang Gung University of Science and Technology, Taiwan

To explore the fundamentals of self-monitoring of blood glucose (SMBG) experiences in patients with noninsulin-treated type 2 diabetes. The role and value of SMBG regarding the care of type 2 diabetes are undetermined. Clinically, although SMBG is widely applied among patients of noninsulin-treated type 2 diabetes, discussions about patients' views of SMBG are insufficient. The phenomenological method was applied. Purposive sampling was conducted to recruit participants from Taiwanese medical institutions. The selection criteria are as follows: (a) being medically diagnosed with type 2 diabetes, (b) having not been on insulin, (c) having performed SMBG at least once within the previous 6 months, (d) being at least 20 years old, and (e) not having any major mental or cognitive disorders. In-depth interviews were conducted to collect data from a total of 16 diabetic patients. Interview transcriptions were analyzed in accordance with the Colaizzi (1978) process for phenomenological data analysis. The rigor of data collection and analysis was established using the trustworthiness criteria proposed by Lincoln and Guba (1985). The themes encompassed included: the variability of the SMBG frequency, lifestyle reflection and adaptation to self-care behavior with blood glucose level variation, and SMBG continuation factors. The patients' feelings, knowledge, and emotions regarding blood glucose variation and healthcare professionals' (HCPs) attitudes affect their SMBG behavior. The empirical findings illustrated SMBG experiences and recommended that HCPs closely attend to patients' feelings, requirements, and emotional adaptations and response measures to diabetes, and incorporate SMBG into therapy plans.

Biography

Chen-Mei Chen is currently working as an Assistant Professor at Chang Gung University of Science and Technology, but she is also a Doctoral candidate at National Taiwan University. She has published more than 10 papers in reputed journals. Her main research area is diabetes care.

sichen@mail.cgust.edu.tw

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