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Therapeutic education: The design of an educational program protocol for primary care diabetic patients

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Statement of the Problem: Diabetes is considered the 21st century disease due to the increase of patients' number and to a high prevalence of poor metabolic control. In Portugal, country where this study was conducted, 21, 8% of all the people with diabetes followed in National Health Services, have values of glycosylated hemoglobin (HbA1c) over 8%, which demonstrates that poor metabolic control is a major problem that seems to remain in a significant percentage of Portuguese patients. Therapeutic education has proven to be structural to diabetic people self-control and evidence highlights the importance of developing and implementing educational interventions that can reduce this burden, but researchers have reported the shortage of tested educational programs that allow its effective discussion.

Aim: The purpose of this study is to design a specific protocol of a lifestyle educational program for type 2 diabetic patients.

Methodology & Theoretical Orientation: An exploratory and descriptive study was done using constant comparison methodology 2 principles, triangulating semi-directive interviews, participant observation and record analysis. Theoretical framework was supported upon Orem's self-care theory.

Findings: An educational program with several active components was designed with a 24 weeks' timeline. The protocol included 3 face-to-face moments with a specific nursing intervention, 2 educational group sessions (focused on self-motivation, lifestyle generic behaviors and feet self-care) and a telephone monitoring intervention.

Conclusion & Significance: The program developed is a complex intervention 3, with several active components, integrating the intervention usually carried out by the nurses that work in a Community Health Care Centre, in connection to which is added group and telephone intervention. Its significance accrues from the possibility of replication as it follows specific stated sequential phases, making its effectiveness assessment a possibility.

Biography

M Rosário Pinto has done specialization in Medical Surgical Nursing. Her research has been on Gender Sociology (in MD context), Therapeutic Education (diabetic patients) and Complex Interventions Effectiveness Assessment. As an Academic, HIV, Cancer and Emergency and Critical Care in Nursing are her major interests. She is the Coordinator for Internationalization of her Health School.

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