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**Effect of self-care program on health behavior among elderly people with diabetes mellitus****Mayuree Boontad and Dolgai Chongpanish**  
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Self-care program which concerned cultural context might enhance health behaviors of the elderly people with diabetes. This research aimed to examine the effects of self-care program on health behavior among elderly people with diabetes mellitus. The sample was 60 elderly people with diabetes mellitus in rural communities. The 30 people were recruited to the control group who received usual care and the other received the self-care program for eight weeks. The instruments used for intervention comprised the self-care program for elderly people with diabetes mellitus, food model, and handbook for self-care among elderly people with diabetes mellitus. The health behavior of elderly people with diabetes mellitus questionnaire was used for data collection before participating the program and when evaluation the program at the 8th week. The reliability of health behavior assessment questionnaire was .80 which tested by Cronbach's alpha coefficient. Data were analyzed using descriptive statistics, Paired t-test, and Independent t-test. The results found that mean score of the health behavior in the elderly with diabetes mellitus after received the self-care program was significantly higher than that before ( $p < .01$ ). Mean score of the health behavior in the elderly people after receiving the self-care program was significantly higher than that of control group ( $p < .01$ ). The findings indicated that the self-care program can promote health behavior of elderly people with diabetes mellitus. For the further studies, a long-term follow up study is recommended in order to examine the sustainable health behaviors among elderly people with diabetes mellitus.

**Biography**

Mayuree Boontad (MB) is a nursing lecturer from Boromarajonani College of Nursing, Chainat, Chainat Province, Thailand. MB have been spending years as a nursing lecturer and has more than 16 years of experience in nursing education and nursing practice. As a nursing teacher in Boromarajonani College of Nursing, Chainat in Thailand, MB has supervised student nurses and managed the care of the older patients of the medical wards in the hospital as well as alongside the older people living in communities.

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