

33rd Euro Nursing & Medicare Summit

October 08-10, 2018 | Edinburgh, Scotland



Judith Ochieng

Arizona State University, USA

Risk perception of developing diabetes complications among African American women with type 2 diabetes

This study describes the perceptions that African American (AA) women diagnosed with type 2 diabetes mellitus (T2DM) have their risk of developing DM complications and how their perceived risk of diabetes complications influences their diabetes (DM) self-management. A qualitative descriptive study was used to provide a comprehensive description of the perception of risk for developing DM complications among AA women with T2DM. A purposive sample of ten (n=10) AA women with T2DM participated in the study. Findings revealed that knowledge of T2DM influences the perception of risk of developing T2DM complications. The findings also revealed that risk perception for developing DM complications influenced DM self-management among AA women with T2DM. AA who perceived themselves to be at high risk reported taking appropriate actions to prevent or delay the onset of developing T2DM complications. Results showed that risk perception is an important factor in DM self-management. Therefore, understanding risk perception of AA women with T2DM is a key to changing their health behavior and reducing their health risks related to T2DM. Understanding the attitudes and beliefs of AA women with T2DM regarding their risks for developing diabetes complications is a powerful tool for practitioner especially primary care providers who manage DM. Providers can use this information to provide individualized care that would help improve health outcomes and reduce health disparities among this population.

Biography

Judith Ochieng has completed her PhD and DNP at The University of Arizona in 2015. She is an Assistant Clinical Professor at Arizona State University teaching in DNP program. She is also practicing as a Family Nurse Practitioner on contract basis in the Department of homeland security in Arizona.

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