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Association of nurses' self-efficacy (se) for healthy lifestyle with promoting healthy lifestyle, se and level of Diabetes control among patients

Galit Palacios-Klein, Patricia Zimmermann, Pnina Shimoni, Orna Weinziger and Marina Leonenko
Clalit H.M.O., Israel

Background: Self-efficacy (SE) is defined as the perception of ones' ability to affect life events. Patients with high SE have better disease control. Health coaching identifies the gap between desired and actual behavior and increases SE, empowering patients to make healthier choices. The Sharon-Shomron District of Clalit H.M.O, Israel, has embraced health coaching as an essential part of day-to-day care in community nursing.

Objectives:-To explore the differences between SE and lifestyle among nurses before and after participating in a health coaching workshop. -To examine whether the nurses' SE influences patients with Type 2 diabetes SE and control level.

Methods: 2-phase intervention study: (1)42 nurses participated in a health-coaching workshop and completed a pre and post questionnaire on SE and lifestyle. (2)50 Patients with uncontrolled diabetes underwent 4-6 nurse-led coaching sessions. Patient SE questionnaire and medical records prior to and 3 months post-intervention were collected.

Results: Nurses' SE increased post- workshop (2.92 vs 3.19, $p<0.01$) and health behaviors improved (5.97 vs 6.64, $p<0.01$). Nurses' personal health SE correlated with them ability to affect patients' SE and health behavior ($rs=0.38$, $p<0.05$). Patients' SE increased following intervention (5.34 vs 7.88, $p<0.01$), also BMI and HbA1C improved (BMI: 32.17 vs 30.56, HBA1C 9.43 vs. 7.85, $p<0.01$).

Conclusion: Health coaching was effective in improving nurses' health behavior and SE. Nurses' SE positively correlated with better disease control in diabetic patients. These findings should be considered regarding future training resources.

Biography

Galit Palacios-Klein is a R.N.and has a M.A. from the University of Tel Aviv. She worked for many years in the hospital setting and has vast experience in promotion of health in the community. At present she works as a chief manager of Nurses in a consultant clinic in the community in Clalit H.M.O. and also serves as a nursing co-ordinator on the District research committee.

galit2yb@gmail.com

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