

World Congress on

NEONATOLOGY, PEDIATRIC NURSING AND NURSING

&

8th World Congress on **IMMUNOLOGY**

March 11-12, 2019 London, UK

Application of trans-theoretical model of change on foot care management among diabetic patients: Prevention better than cure

Faiza A Abou-El-Soud^{1,3}, Hend M Elazazy^{1,2} and Bothyna Z Murshid¹

¹King Saud Bin Abdul-Aziz University for Health Sciences, KSA

²Tanta University, Egypt

³Menoufiya University, Egypt

Diabetic foot ulcer is one of the most common consequences of uncontrolled blood glucose level, which takes place in 15% of people with diabetes, and precedes 84% of all diabetes-related lower-leg amputations that have the adverse effect on the diabetic patients causing physical, psychosocial, and financial burden as well as an economic burden on health care system.

The aim: of the study is to improve foot care management among diabetic patients by applying the Trans theoretical Model of Change.

Design: A quasi-experimental design was conducted with a systematic random sample.

Study sample: 154 patients who were selected from the registration system were divided equally into (77 study group) and (77 control group).

Setting: the study was conducted at the outpatient diabetic clinic affiliated to Tanta University Hospital and Segar primary health care center affiliated to ministry of health, Tanat Governorate, Egypt.

Tools: three tools were used for the purpose of data collection (I) Bio-socio-demographic characteristics questionnaire ;(II) Trans-theoretical Model scale and (III) Diabetes Management Self-Efficacy Scale (DMSES). A survey was conducted by using Arabic version of self-reporting questionnaire to assess the stages of change and self-efficacy among the studied groups as a baseline and during the implementation of foot care intervention program.

Results: revealed that, there was a statistical significant difference in the stages of change of the Trans theoretical Model for diabetic foot care management of the study group compared to the control group at 2, 4, and 6 months after implementation of intervention program. In addition, there was a statistical significant difference in Diabetes Management Self-Efficacy Levels between study groups who received program intervention compared to control group 6 months after intervention.

Recommendation: encouraging nurses who are dealing with diabetic patients to use the Trans theoretical Model of change or other health promotion models to enhance diabetic patient for foot care management, and adoption of healthy behavior.

Keywords: Trans-theoretical model of change, diabetic foot care management.

Biography

Faiza has completed her RN, BSN, and MSN, PhD. She was acting as assistant professor College of Nursing, Menuofiya University since 7 years before 2010-2017. In addition, she was associate professor, community health nursing, RAK-MHSU, UAE for 6 years 2010-2015. Currently, she is assistant professor, community health nursing specialty, King Saud Bin Abdel Aziz University for Health Sciences - College of Nursing, Riyadh. In addition, she was chairperson of the Continues Educational development at RAK-CON-UAE and she was a member in many academic and nonacademic committees. She acts as a supervisor of postgraduate nursing students of their dissertation as well as shared in many community projects that are served community and academic fields. She had published more than ten papers in national and international journal. The area of research interest is health promotion and risk reduction at various target population in the community settings.

soudf@ksau-hs.edu.sa

Notes: