

## **CHAPTER 5**

### **RECOMMENDATIONS**

The purpose of this study was to .

#### **The recommendations from the results of the study**

1. Group process should be done in health systems, because group process is teaching, advising, supporting or promoting health education. The group will create environment to improve self-care. This health education will help to solve the problem of the participants. Participants could practice and adapt their life-style according to disease condition. Health education by group process must have factors as follow:

1.1 Having special nurse for teaching participants.

1.2 Having skill training to facilitate group process. The staff also could understand participants' problem and could refer them to doctor. The staff should have an attitude for better services and confidences.

2. Monitoring members who incorrect opinion will lead to incorrect summary, such as resisting behaviors, manipulating behaviors, sub-grouping behaviors and others. This is essential for staff who running activity must be concern about method for prevent and resolved problem for group activity smoothly, thought can correct summary for learned of member.

#### **The recommendations for continuos research**

1. The study as similar to this should applied in other chronic diseases such as hypertension, heart disease .

2. This program should apply to IDDM and the group who at risk to diabetes such as in persons who are heavy weigh or in person who have parent diagnosed DM.

3. The study should utilize other examination such HbA<sub>1c</sub> that is more confidence in assessing diabetes than using FBS.

4. The study should continuously evaluate participants' practice after to joint program by over 6 month.