

## REFERANCE



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## **APPENDICES**

## **Appendix 1**

### **Definition of Variable**

#### **Group process**

Group process is a group gathering who have various experiences, exchanging their knowledge, thoughts, experienced practice one another and they have a concept for resolution. Consequently, doing so leads them to select appropriate behavior on their own.

#### **Health education program by using Group Process**

Health education program by using group process means NIDDM patient gatherings – each group consisting of 3 to 12 persons. They join the group voluntarily. They exchange experiences one another about DM Knowledge, self – care behavior by expressing their opinions and information. The researchers are group leaders, discussion planners and doing as stimulating persons and always integrate knowledge, opinions and discussion issues : in addition, they are advisers, solving – problem helpers. That is to say, they give some advice about which any group member is not aware of the problem or does not understand it. The content of lesson plan is defined to provide video educating about general DM Knowledge, self – care practice, diet control, exercises, and DM drug taking.

Each patient has any opportunity to speak of their problems about self-care, exchanging, experiences of solving the problem via their own experienced practice. The patients can express their feelings when they get DM accepting they must be continuously treated : moreover, they are glad to be group members.

#### **DM Knowledge**

DM knowledge is a correct understanding concerning DM covering

about disease and self – care behavior being relevant to diet control, exercises, DM drug taking and self – health care. The measurement of knowledge is used by questionnaires.

(detail, see Appendix 2 )

### **Self care behavior**

Self – care behavior is the activities intentionally done by NIDDM patients about diet control, exercises, D.M drug taking and self – health care for controlling and preventing DM complications. The measurement of self – care behavior is applied from Orem’s theory. It consists of essential self – care according to developing stage , prevention, promotion, treatment and rehabilitation.

## Appendix 2

### The questionnaire of collecting data

The instrument of collection data are questionnaire, consist of 3 part listed as follow :

**Part 1** The personal data

**Part 2** The measurement of knowledge

**Part 3** The measurement of self-care behavior

## Personal data

### Part I general data



1. First name..... Family name
2. Sex     Male         Female
3. Age ..... years
4. Education .....
5. Type of work .....
6. In come ..... bath
7. Payment can be refunded  
 Yes         No
8. When DM diagnosed ..... Year
9. Do you smoke?  
 yes ..... number  
 no
10. Do you drink alcohol?  
 yes ..... glass  
 no

for researchers record

11. Weight ..... kg    Height ..... cm.
12. Blood sugar level two at least ..... mg dl

## Part II The questionnaire for knowledge about diabetes

### Introduction

The purpose of this questionnaire is to test your knowledge of diabetes. Please read the question and tick the answer you think is correct. If other please specify what you think it should be.

1. What is fasting blood sugar level
  - below 80 mg/al                       between 80-120 mg/dl
  - between 110-130 mg/al             over 130 mg/dl
  - other ... Please specify
  
2. What are the symptoms of Diabetes.
  - stomach pain                               sickness-nausea
  - fell faint
  - eating a lot always hungry losing weight urinate a lot always thirsty
  - other ... Please specify
  
3. What are the symptoms when hypoglycemia
  - nausea                                       hands shaking and feel faint
  - urinate a lot                                 stomach pain
  - other ... Please specify
  
4. What do you do when hypoglycemia
  - drink sweet drink or eat candy
  - stop taking medication
  - eat more                                       eat normally and take medication
  - other ... Please specify



5. What are the symptoms when hyperglycemia?
- only urinate a little
  - headache and stomach pain
  - Thirsty urinate often and a lot
  - nausea and feel faint
  - other ... Please specify
6. If you are thirst and urinating a lot what do you do?
- drink a lot equal urinate out put
  - rest and take more medicine
  - check blood sugar level stat
  - educe starch and sugar intake and drinkless
  - other ... Please specify
7. How do you control and prevent complication of DM
- eat less  Do more exercise when weight increase
  - Control food intake, take exercise and exact medication
  - take more medication
  - other ... Please specify
8. Complication of failure to control diabetes
- Blood clot in leg
  - often have low blood sugar level in leg
  - lung infection  under armor grow swelling
  - other ... Please specify
9. How de you control food intake
- eat 3 or 4 time a day, eat nothing between meals.
  - eat when your hungry  other ... Please specify
  - eat a little of ten at no fixed time
  - at some meals you eat more at some you eat less

10. What kind of food can diabetics eat without limit
- starch and starch product
  - leaf vegetables and other greens
  - meat with high fat content
  - sweet fruit
  - other ... Please specify
11. What kind of food and drink should diabetics not take
- starch and sugar products, alcoholic drinks
  - Meat products, dairy product
  - vegetable oil, drinking water
  - vegetables, drinking water
  - other ... Please specify
12. Why are fiber rich foods good for diabetes
- absorb fatty acid                       reduce blood sugar
  - stimulated digestion
  - reduces fatty acid and blood sugar by digesting slowly
  - other ... Please specify
13. When cooking for diabetics what kind of oil should be used.
- pork oil                                       Soya oil corn oil
  - butter or margarine                       coconut or palm oil
  - other ... Please specify
14. How long should diabetes use diet control
- for ever though blood sugar level normal
  - only when blood sugar level is high
  - only when weight increased
  - only when blood sugar level high and weight increase
  - other ... Please specify

15. What are the effects of doing mere exercise

- body uses more sugar       reduce sugar and cholesterol in blood  
 reduce weight       more healthy  
 other ... Please specify

16. How often should diabetes exercise

- every day or 3 times a week  
 once a week       when time allows  
 on holidays       other ... Please specify

17. When should diabetics take blood sugar reducing medication

- 30 minutes before meal and after meal stat  
 before meal stat  
 45 minutes before meal and 30 minutes after meal  
 15 minutes before meal and 15 minutes after meal  
 other ... Please specify

18. How should diabetics take care of and clean their feet

- wash everyday using a brush  
 wear hard and undersized shoes  
 everyday wash feet and between toes and dry with towel  
 cut toe nails short and curved  
 other ... Please specify

19. How should diabetics take care of wound

- clean with normal water and use .....  
 clean with clean or boiled water and cover with bandage  
 clean with iodine  
 clean with alcohol and use butadiene

20. Why should diabetics visit the doctor to control diabetes

- to check blood sugar level     to check for symptoms of other complication  
 to check urine sugar level     other ... Please specify

### Part III Questionnaire for self-care behavior of DM effected people

#### Introduction

The purpose of this questionnaire is to test self-care behavior of DM patient. Please read the question and tick the answer your practice. If other please specify what you think it should be

1. Food intake kind of food you eat.
  - every things EX. Cereal, meat, fruit and dairy products
  - only vegetable and fruits.
  - only meat
  - only rice and starch product
  - other ... Please specify
  
2. What kind of food do you not eat.
  - meat  leave vegetable
  - Soya oil  sugar candy sweet fruit
  - other ... Please specify
  
3. When do you eat.
  - when hungry
  - 3-4 times a day fix time
  - when you want
  - no fix time but often eating small quantities
  - other ... Please specify
  
4. What kind of cooking oil do you use.
  - pork oil  Soya oil brand .....
  - coconut oil brand
  - palm oil brand
  - other ... Please specify

5. When thirsty, what do you drink
- water  soft drink
- leggier beer
- coffee tea with sugar
- other ... Please specify
6. What exercise do you take extra daily activity
- walking aerobic running  house work
- working  golf
- other ... Please specify
7. How often do you do sport or exercise
- Everyday to 3 time a week  when you have time
- when you want to  once a week
- other ... Please specify
8. How long does your exercise take
- 10 minutes  15 minutes
- 30 minutes  1 hour
- other ... Please specify
9. When do you take medication
- At fixed time as prescribes by the doctor
- often forget and take when remember
- not fixed time depend on meal times.
- fixed time variable dose
- other ... Please specify
10. What do you do if your medicine is finishes
- wait until you next see the doctor
- go to ask the doctor for medicine
- just eat less  buy fom pharmacy
- other ... Please specify

11. If medication causes sickness what do you do
- stop medication and visit the doctor
  - stop medication wait until next visit to doctor
  - take anti sickness medication
  - carry on with medication       other ... Please specify
12. Do you want to take alternative medicine as well as prescribed medication would you?
- ask the doctor first
  - take both if unwell visit doctor
  - don't tell anybody
  - consult other DM patients
  - other ... Please specify
13. If you feel hungry and like you are going to faint what do you do?
- lay Down                               drink a lot of water
  - drink sweet drink                       take medication
  - other ... Please specify
14. When you are thirsty and jell sick what do you do?
- drink a lot of water                       eat a lot
  - take medication                           visit doctor
  - other ... Please specify
15. How do you clean and take care of you feet
- wash with a brush                       wash in warm water
  - wash with soap and dry with a towel
  - nothing special
  - other ... Please specify

16. If you have a skin injection spots or pimples what do you do?

- lance the spot and use Butadiene       visit the doctor  
 lance the spot and use Iodine       take antibiotic  
 other ... Please specify

17. How do you take care or your toenails

- let them grow and cut curved       always cut them short  
 cut short and straight across  
 cut short and curved  
 other ... Please specify

18. About your shoes

- shoes a bit small with soft leather  
 shoes a bit big and hard leather  
 correct size soft leather  
 big and soft  
 other ... Please specify

19. If you fell worried what do you do?

- take sleeping Pills.       visit the doctor  
 do other things to take your mind off your worries  
 talk thing over with a friend or family member  
 other ... Please specify

20. Do you always keep your appointment with the doctor

- sometimes       always  
 only when you need to  
 only when someone can go with you  
 other ... Please specify

## Appendix 3

**Table 14** The score of DM. Knowledge, analysis follow factor scores in experimental group and control group before and after experiment

DM knowledge	Before-experiment (correct answer)		After-experiment( correct answer)	
	Experimental gr. (number%)	Control gr. (number%)	Experimental gr. (number%)	Control gr. (number %)
<b>Food control part</b>				
-Food control method	11 (61.1)	11(57.9)	18 (100)	10(52.6)
- food should be controlled	10 (55.6)	12(63.2)	18 (100)	13(68.4)
-Kind of food eat without limit	15 (83.3)	15(78.9)	18 (100)	15( 78.9)
-Kind of food and drink should be avoided	13 (72.2)	13 (68.4)	18 (100)	14(73.7)
-rich fiber That's foods good for DM.	*5 (27.8)	6(31.6)	12 (66.7)	8(42.1)
-Kind of cooking oil	15 (93.3)	17(89.5)	18 (100)	18(94.7)
<b>Exercise part</b>				
-Usefulness of exercise	*5 (27.8)	5(26.3)	13 (72.2)	1(5.3)
-How often you should exercise	*8 (44.4)	8(42.1)	18 (100)	9(47.4)
<b>Drug taking part</b>				
-Drug taking method	*8. (44.4)	8(42.1)	17 (94.4)	8(42.1)
<b>General health-care part</b>				
-Normal FBS level	*5 (27.8)	7(36.8)	18 (100)	11(57.9)
-The symptoms of DM	16 (88.9)	14(73.7)	17 (94.4)	12 (63.2)
-DM control method	*4 (22.2)	4(21.1)	17 (94.4)	10 (52.6)
-Complication when DM control was fail	*3 (16.7)	5(26.3)	9 (50)	7 (36.8)
-Hypoglycemia symptoms	*16(88.9)	17(89.5)	17 (94.4)	18 (94.7)
-What do you do when BS level is low	14 (77.8)	16(84.2)	17 (94.4)	17(89.5)
-Hyperglycemia symptoms	8 (44.4)	9 (47.4)	12 (66.7)	9 (47.4)
-What to do when BS level is high	4 (22.2)	4 (21.1)	18 (100)	4 (21.1)
-How do you clean and take care of your feet	*6 (33.3)	7 (36.8)	17 (94.4)	12(63.2)
-The usefulness of your appointment With the doctor	*5 (27.8)	7 (36.8)	17 (94.4)	10 (52.6)
	*8 (44.4)	6 (31.6)	13 (83.3)	5 (26.3)



**Table 15 The score of self-care behavior, analysis follow item of part in experimental group, before and after experiment.**

Self-care behavior	Before-experiment(correct answer)		After-experiment(correct answer)	
	Experimental gr. (number %)	Control gr. (number%)	Experimental gr.(numb%)	Control gr. (number%)
<b>Food control part</b>				
- food selection	11(61.1)	12(63.2)	17(94.4)	16(84.2)
- The food should be avoided	15(83.3)	14(73.7)	18(100)	12(63.2)
-When do you eat	14(77.8)	15(78.9)	16(88.9)	10(52.6)
-kinds of cooking oil	16(88.9)	16(84.2)	18(100)	17(89.5)
-the selection of drink	17(94.4)	17(89.5)	18(100)	17(89.5)
<b>Exercise part</b>				
-What exercise do you take	6(33.3)	8(42.1)	17(94.4)	12(63.2)
-How often do you exercise	4(22.2)	4(21.1)	17(94.4)	4(21.1)
-How long does your exercise take	5(27.8)	3(15.8)	*5(27.8)	3(15.8)
<b>Drug taking part</b>				
-When do you take drug	15(83.3)	14(73.7)	18(100)	15(78.9)
-What do you do if your drug is finished	12(66.7)	12(63.1)	18(100)	12(63.1)
-What do you do when has complication of DM drug	15(83.3)	13(68.4)	17(94.4)	9(47.4)
-how to take drug and take other treatment together	7(38.9)	10(52.6)	16(88.9)	11(57.9)
<b>General health-care part</b>				
-What do you do when you have hypoglycemia	13(72.2)	14(73.7)	16(88.9)	14(73.7)
-What do you do when have hypoglycemia	7(38.9)	7(36.8)	13(72.2)	7(36.8)
-How to clean of your feet	9(50)	8(42.1)	17(94.4)	4(5.6)
-How to do when you have a skin infection, spots or pimples	7(38.9)	7(36.8)	18(100)	8(42.1)
-How do you take care of your toe nails	3(16.7)	5(26.3)	18(100)	8(42.1)
-How to choose your shoes	8(44.4)	12(63.1)	18(100)	13(68.4)
-What do you do when you feel worried	11(61.1)	8(42.1)	11(61.1)	7(36.8)
-Do you always keep yours appointment with the doctor	16(88.9)	15(78.9)	18(100)	15(78.9)

## Appendix 4

### The result of evaluation of group activity

Please answer these question, your answer won't be considered or wrong and it won't effect your treatment. Your answer will be used to evaluate group activity only.

1. you think you get benefit from joining the group.  
 high             medium             low
2. you think that to join the group is your objective  
 high             medium             low
3. Did you have a change to share your opinion?  
 yes, fully opinion       yes, any opinion       low
4. The leaning material are appropriate.  
 appropriate             inappropriate
5. Will you suggest other people join the group with you?.  
 yes                       no
6. Should the hospital organize the group like again?  
 yes                       no
7. Will you join the group like this again?  
 yes                       no
8. What do you think about the time of the activity?  
 appropriate             inappropriate
9. what do you think about the place of the activity?  
 appropriate             inappropriate
10. Your suggestion

.....  
 .....

## **Appendix 5**

### **Privilege protection and application form to join program**

My name is Thunyanunt oupara . I am a student of Master of public health , health system development ( Learning at the work place ) , college of public health , chulalongkorn university. I am The Crazy Man studying research into the effect of group process on self- care behavior of NIDDM

#### **The project objective**

The NIDDM who poorly controlled has the opportunity to change its assessment About self – care and has reevaluated the problem. Now sees the DM patient has more self – care decreasing any complications giving the patient “ good quality of life”

#### **Time**

The group will hold 5 meeting at Patiu Hospital commencing 08.00 until 09.00 June until August

#### **Activity**

Before and after of program will be activity as follow:

- Blood examination for FBS
- Pre – post test DM knowledge and self – care behavior by oral questionnaire

The activity during to join project

- Watching video into DM specific controlling food, exercise, drug taking and general self – care

**Benefit**

Receiving knowledge and advise from the researchers correct into self – care behavior.

The researchers advise you to join the continuous activity until your object is achieved . If you have obstacle can not join project , you having privilege to cure from patiu Hospital as same.

Thunyanunt oupara

.....

**The answered for join program**

I am / Ms / / Miss / Mr. ....read the explained as detail , I want to join this program

( ..... )

## Appendix 6

### Health education program by using group process to self-care of DM patient

<u>Number of members</u> :	9 patients per time
<u>Place</u> :	OPD of pati hospital
<u>Times</u> :	1-1 2 hours per / time, total 5 times, for 3 months
<u>Group leaders</u> :	Ms. Thunyanunt oupara, Ms. Reangluk sawangwong
<u>Introduction:</u>	this teaching plan consists of 4 parts
	Part 1 self – care of DM patient
	Part 2 food control
	Part 3 exercise
	Part 4 general health care

#### **The contents are as follows :**

1. The definition and cause of DM
2. Signs and symptoms complication including prevention and method to solve complication
3. The importance of self – care with regards to food control such as :
  - The meaning and importance of food control
  - Food control in practice
  - Food for DM patients
 Exercise and medication such as :
  - Meaning and importance of exercise
  - Practical principles of exercise
  - The importance of taking medication
  - Practical methods for taking medication decrease blood sugar

General health care such as :

- Practical principles for self – care of skin, feet, month and teeth
- Wound and hypoglycemia
- Hyperglycemia and tension care
- Following up appointments

### **The objectives of teaching**

After teaching , the DM patient should be able tell about these:

1. Meaning and cause of DM
2. Signs , symptoms and complications including how to deal with complications.
3. Importance and methods for self – care such as: food control, exercise, taking medication and general health care
4. Suitable for DM management

### **Activity for group process**

The researchers have set group activity to meet 4 times, which consists of 3 stages, as follow:

Stage 1 relative create stage

Stage 2 provide knowledge and cooperate to solve problem

Stage 3 end stage

### **The content of each group activity**

- |                      |                          |
|----------------------|--------------------------|
| 1 <sup>st</sup> time | self- care of DM patient |
| 2 <sup>nd</sup> time | food control             |
| 3 <sup>rd</sup> time | exercise and medication  |
| 4 <sup>th</sup> time | general health care      |
| 5 <sup>th</sup> time | group evaluation         |

### **Method**

For each group activity , the researchers will screen one video .After viewing the video , group member will be given the opportunity to exchange their experiences

and opinions with each other. The researchers will try to encourage, collate group opinion and conclusion . The content for teaching as follow : ( table 16 )

**Table 16** Health education program by using group process (Part I self-care of D.M patient)

Objective	content	Teaching activity	Material	Evaluation
<p>1. To create the relationship between the researchers and group members including the researchers having the group members discuss and exchange their experiences and opinions and help one another improve in solving the group member problems.</p>	<p><b>Stage I : Relationship stage</b></p> <p>The members must understand accept, befriend and rely on one another.</p> <p>Being-member objective</p> <ol style="list-style-type: none"> <li>1. To have D.M Patients get the knowledge about self-care.</li> <li>2. To have D.M patients adjust self-care behaviors.</li> </ol>	<ol style="list-style-type: none"> <li>1.The researchers came to the sample group, Then greeting with informally, politely, and having smiles.</li> <li>2.The researcher led the sample group to the prepared place. The place was made to be a circle. The members had a face-to-face sitting.</li> <li>3.The researcher proceeded group activity by introducing herself and the member did, too. Then they would know one another firstly.</li> <li>4.The researcher explained objective being member, regulation and trend for practicing as group members and the period of time being in the group.</li> </ol>	<p>Providing 12 chairs made a circle.</p>	<p>The sample group greeted by their smile and said the greeting expressions.</p>



Objective	Content	Teaching activity	Material	Evaluation
	<p>The regulation and practice as group members. The researchers requested all group members to express their self-opinions. Self- feelings to the group members, help and support group member by adding some opinions and try to solve self- problems and the others as well. The said above were related to D.M patients; self-care.</p> <p><u>The time for joining the group member process.</u></p> <p>The total joining for group process took 4 times-twice a month, 1-1½ hours for each time. The researcher requested the members to co-operate on working group limited to 4 times.</p>	<p>5.The researchers urged the group members having relationship with one another by using open heart questions and giving opportunities for group members to talk about the problems, for example:</p> <p>“Please tell me the symptom to make you see the doctor today.”</p> <p>“If the doctor say you are a D.M ,what would you like to do about self-care.”</p> <p>The researchers tried to stimulate the members to express their opinions continuously.</p>		<p>The sample group began to talk about self- problems to the other members.</p> <p>Observing Interests and asking problems among the group.</p> <p>Members.</p>

Objective	Content	Teaching activity	Material	Evaluation
<p>2.describe the definition of D.M and the causes to sample group.</p>	<p>Introduction</p> <p>DM is a chronic non-communicable disease but can be transferred by heredity. There are many factors causing a D.M disease. The details are as follows:</p> <p>Definition of DM</p> <p>D.M is a disease that causes from the abnormal of B-cell of pancreas flowing insulin hormone insufficiently ,or the tissues cannot respond to insulin. The consequent result is a high blood sager level, and the renal cannot keep on, so it is driven out in urine.</p> <p>A normal person has F.B.S. about 80-120 ml/dl.</p>	<p>The researchers led to the content by asking members</p> <p>“What do you know about DM ?” The members would tell what they know.</p> <p>“After having questioned you, I concluded that some people know D.M, but some don’t. Let’s learn about a DM disease together, anyway.”</p> <p>The researchers provided VDO for the group members watching about.</p> <p>“The self-care of DM. Patients.”</p> <p>After the VDO. Turned of. We would talk about it to confirm understanding.</p> <p>The researchers “Do you know DM. More than the first?”</p> <p>The members “.....”</p> <p>The researchers “ So we conclude what DM. And DM. Self-care are.”</p>	<p>VDO. About DM Patients self-care</p>	<p>2. The sample group could answer the definition and causes of DM.</p>

Objective	Content	Teaching activity	Material	Evaluation
	<p>Fasting blood sugar in D.M care is over 140 mg/dl. There are tow ways of blood sugar intake into the body.</p> <p>1.Food intake. When we eat foods such as rice starches. sugar fat, meat , vegetables and fruits. These foods are digested and changed into sugar and absorbed into blood. It is called glucose. If there is more blood sugar than the body need, the glucose will be kept in a liver and muscles in the form of glycogen.</p> <p>2.Glycogen Change, Whenever there is blood sugar less than normality and no intake of starches the glycogen kept in a liver and muscle is changed into sugar.</p>	<p>researchers:</p> <p>What should the fasting blood sugar be?</p>		

Objective	Content	Teaching activity	Material	Evaluation
	<p><u>Type of D.M</u> There 2. Types as follows:</p> <p>1. Insulin Dependent Diabetes Mellitus (IDDM)</p> <p>2. Non-Insulin Dependent Diabetes Mellitus (NIDDM)</p> <p>IDDM is DM. Needing insulin used for burning down foods to prevent over-acidosis in the body.</p> <p>NIDDM is DM. Not needing insulin used for curing; The patients can be alive and have not over-acidosis in the bodies.</p> <p>The cause of NIDDM occurs because of insulin not doing its full achievement.</p> <p>Insulin is a hormone produced from pancreas, burning down sugar to create energy in the body and then the energy is used for any action.</p> <p>The lack of insulin makes sugar useless and then blood sugar level is higher.</p>	<p>The researchers</p> <p>“What do you know which type you get, IDDM or NIDDM.?”</p>		

Objective	Content	Teaching activity	Material	Evaluation
	<p>Following are the causes of DM.</p> <ol style="list-style-type: none"> <li>1.Heridity:- DM parent. Children may get DM.</li> <li>2.Obesity:- Obesity may cause a DM disease. The eighty per cent of obese people getting DM. Were found from the research report.</li> <li>3.Infected physique:-the Body's systems being infected make the people upset.</li> <li>4.Being often pregnant.</li> <li>5.Some drug intake: steroid hormone urine drive drug, pills(for prevention from pregnancy) for example.</li> <li>6.Pancreas Disease: They are chronic pancreatitis and pancreas cancer.</li> <li>7.Other diseases: such as toxic goitre the chusing's syndrome.</li> </ol>			

Objective	Content	Teaching activity	Material	Evaluation
<p>3. Have to describing a about the symptom and the complication of Diseases to preventing me correcting on that Method Solving been Right</p>	<p>The sing of DM.</p> <p>We can found that when it have been a high blood sugar appearance such:</p> <ol style="list-style-type: none"> <li>1. Most of urine and very often appeared.</li> <li>2. Have a thirsty and drank it's a lot</li> <li>3. Over full of meal</li> <li>4. Weal and musk paint numb foot</li> <li>5. Lower weight</li> </ol> <p><b>DM. Complication</b></p> <p>It's a very important problem and so because of have been the cause of disable and died appearance possible. Have a complication been is 2 Toes like there:</p> <p>1. The acute of complication follow:</p> <p>Have been found the hypoglycemia symptom that is:</p> <ol style="list-style-type: none"> <li>1.1 Hypoglycemia perspiring a numb hand, Heart, Hungry, Headache, dizzied of eye sign, asleep, Inpatient, yawning, dizziness unconciousness and died possible. Cause have more over the lower of drug sugar or the drug and meal are not related accept or the</li> </ol>			

Objective	Content	Teaching activity	Material	Evaluation
	<p>exercise that on time to prevent and the correct and have observation been changing the first with operated the patient to the symptom.</p> <p>1.3 The diseases infected: as the body less resistant had a reduce, so because the patient who have the diabetes been more easily the infection then the formal people. So that have found that infection area are very often.</p> <p>As. Connect and the reproduction system abscess and each other operating such the respiratory and urinary system. Part of the infection disease which the Symptom you known. That well the illness, another area have had an infection exam.</p> <p><b>Method correcting:</b> Have a consistently health care taking that been clean and dry connected the patient Who have been respiratory system diseases like that: cold, tuberculosis diseases that ought to extinction nearly with them unless that, have consistently the reproduction system been to cleaned and dry be take care of and when have a fever of whether inflammation of each other, So we ought to have immediately been bought them up to see the doctor</p>			

Objective	Content	Teaching activity	Material	Evaluation
	<p>2. Chronic complication such: The narrowed of vessel as had effected from the fix fat. An effectiveness which have had the heart Diseases appeared ,renal disease and paralysis, unless this, the top of blood are narrowed so the tissue of the various are died possible like: on the leg, the patient who have being diabetes night amputate effected and have once found them been diabetes have to the blood changing in to the ratina of eye are to see distinction or the negative possible.</p> <p>So when have the diabetes patient been t6he researcher: "How do it's more to take care of themselves. Nowadays you have self-care method there are many method of treatment to the for disease control when you know have a diabetes"</p> <ol style="list-style-type: none"> <li>1. Food Controllable</li> <li>2. Exercises</li> <li>3. Drugs usefulness</li> <li>4. Health Care Taken</li> </ol>	<p>The researcher: " How do you have self-care method for disease control when you know have a diabetes</p> <p>The researcher: "Have you other method for disease control?"</p>		



Objective	Content	Teaching activity	Material	Evaluation
<p>4. self-Care Correcting to the important described possible.</p>	<p><b>Diabetes Patient Self-Care.</b></p> <p>Self-Care have the activity practice and complementation been for a good health. Part of diabetes patient had taken care themselves. This is the reasonable that the blood sugar control in to the formal vary. As care of health" the most of formal nearly. So because these diabetes disease been chronic disease an have a lot of effect It night been possible disable of died result on this way.</p> <p>The patient who have diabetes what most necessary and we should have to interested in take care of themselves consistently and fast continuously and because of be prevented the complication appeared to the reduce effect. That important which the patient who have been taking themselves to the diabetes following:</p> <p>1. Food control, That is: by one-self with the suitable and right been straight on the disease to chosen eating, a meal chosen must have bee amount 6 section follow" carbohydrate, protein, vitamin, calcium and vegetal.</p>	<p>The researcher: who do take care when you stay at home? "How do you take care of health"</p> <p>The research: " How do you correct method for food control."</p>		<p>4. The patient can describe the important correct self-care and method of self care possible.</p>

Objective	Content	Teaching activity	Material	Evaluation
	<p>Distinction of sweet fruit like: the dry food fruit can, the condense fruit, juice, Lemonade alcohol breverate, tea, coffee sugar. Ought to have a void the most calcium like that: coconut juice, fat from moat of animals. And the leather exams. Unless, been eating consistently on time and name some food little.</p> <p>2. Exercises: That is, unless usually have been a housework, the researcher: and more each other activities such: sports, exercise, so have been using calories and the currently of blood better.</p> <p>The other of method in an exercise that the personal suitable to the complementation skill and are less than more 3 each per week everyday to consistently.</p>	<p>The researcher: "Have do you exercise: what the method?"</p>		

Objective	Content	Teaching activity	Material	Evaluation
	<p>None have Insulin dependent diabetes mellitus patient been the exercises consistently and after been have finished 12-72 hours Already, that the blood sugar to be the reduce control.</p> <p>More over It's have been a fat preventing and the reduce possible, possible to the fleshy and both a serious and impatient effectiveness.</p> <p>3. Drug method used: none allowed the drug given into the next day on plus and none both the reduce and increasing the drug when been have forgotten. Ought to straingt on table and on time the medicient's instruction to the drug's sugar reduce criticized and represented by food using. Because had an effected the blood's sugar reduce alot. It's might been a dangerous possible.</p> <p>Both of relating the method of treatment and the drug's sugar reduce criticized like this: the native of plant and the drug together ought to have issued to the medician to know that before. Because of the various of treatment to using a lot might have the reduce of blood sugar a lower rapidly and been dangerous possible.</p>			

objective	Content	Teaching activity	Material	Evaluation
	<p>4 .Health care taking: that is to be like that. Are the general of body with by cleaning such teeth, toe and legs treatment and the disease preventing. More over, the throughout of correcting and add informal complication observed. More patient are important concerned, That to take care of themselves have been complication preventing and the problem appeared, so that better resulted, the patient who was the D.M, ought to have necessities know a bout the main of take care of themselves's came controlling and preventing the DM complication with reported according continuously</p>	<p>The researcher "How did you have a Heath care taken?"</p> <p>The researcher "Have you ever had that observed to an abnormal symptom?"</p> <p>The researcher "How do you do when abnormal symptom appearance ?"</p> <p>The researcher will be conclusion of content and important issue that have been to talk today. Inaddition opportunity to the member asked them problem</p>		

objective	Content	Teaching activity	Material	Evaluation
<p>1.To explain the definition and the importance of correct food control.</p>	<p>Food control is the most important way to care D.M and essential to always practise according to the principles as follow:</p> <p>Food control means knowing select the proper food for one self of to have and it depends on the DM symptoms of each patient including the body condition. That is to say The foods must be full nutrition both quality and quantity according to the body need. Food control objective are as follows:</p> <ol style="list-style-type: none"> <li>1.To have an appropriate energy and snake body weight standard possible.</li> <li>2.To have the patients receive full nutrients: both vitamins and minerals.</li> <li>3.To have the patients get at most normal blood sugar.</li> </ol>	<p>When all of the members being ready, the researchers had friendly greetings to the members and the members did one another. And then the researchers asked about the problems of self care last two weeks and had the members have an opportunity to express their opinions about self-care. After that the researchers introduced the content by providing V.D.O. for the members watching about food control. Moreover, the researchers allowed the members to ask about the other knowledge.</p>	<p>V.D.O. about food control</p>	<p>1.The sample group could answer the mean and importance of food control</p>

objective	Content	Teaching activity	Material	Evaluation
<p>2.Describing the control method and the kings of food for DM patient correctly.</p> <p>3.Practising themself about food control appropriately and correctly</p>	<p>4.To protect and slow down D.M symptoms from having complications because of hyperglycemia.</p> <p>The following are correct practical methods for each DM patient.</p> <p>1.Quality control means having good nutrition. What the patient should do is to avoid putting sugar in the beverages and foods, not having all kinds of deserts such as syrup, sweets, dried fruits, condensed fruits, honey, soft drinks, alcoholic drinks, schantenia peregrina, tea and coffee with sugar.</p> <p>2.Quantity control means having the suitable amount of foods. In the severe case, we must control foods seriously, having every meal scale of using the exchange food table</p> <p>The foods which the patients should select to have are as follows:</p> <p>2.1 Milk group: mild is useful for the body</p>	<p>And express their opinions. The researchers would summarize by questioning as follow:</p> <p>researcher: "After you finish watching V.D.O. close you think you can do it?" "If you can't, what are the causes?"</p>	<p>Using the group processes by haling the member exchange their opinion</p>	<p>2. The patients can possibly explain the correct method of controlling food.</p> <p>3.The patients dare to express their opinions, ask and advise other members.</p> <p>The patients dare to tell more about themselves by talking about their problems and obstacles to the others in the group.</p>

objective	Content	Teaching activity	Material	Evaluation
	<p>DM patients should drink fresh milk the obese patients should drink skimmed milk avoiding drinking sweetened condensed milk, milk labeled additives soft drinks, American soda</p> <p>schoutinia puregrina and fruit juice can, drinking non sweetened soft drinks or low calorie milk with artificial sugar etc.</p> <p>2.Vegetable Group: Having a lot of vegetables does not make blood sugar level higher. There are many vegetables such as climber plant, cowpea, top susbania grandiflora. The plants said above help reduce fat and blood sugar</p> <p>-They slow down the absorption of fat and sugar. There are two types of vegetables as listed below:</p> <p>2.1 Leaf vegetables: we can eat a lot of them such as beans, peas, cassias siamea, olive tops, susbinia grandifloras, chinese cabbages climber plants.</p>			<p>The patients were interested in the problems and obstacles told by the other members in the group, The co-operated and took part in the answering the questions and express their opinions interestingly and eagerly including the listeners being glad to hear are well. The patients could explain the definition and the importance for food control and exchanged one another about the correct food control practice by themselves.</p>

objective	Content	Teaching activity	Material	Evaluation
	<p>2.2 Root vegetables: There are some allowed the patients to eat such as lettuce plant root , carrots, cucurbita pepo, Allium ascalonicum.</p> <p>Eating vegetable group makes any person have an easy . bowel movement as well.</p> <p>3.Fruit Group: As usual, there is some sugar in the fruits. Therefore we should select little-sugar fruits to eat such as zizyphus jujuba, papayas, guajava, lappaceam, garcinia mangostana and pineapples, We should avoid eating the fruits giving much sugar such as durians, jackfruits, custard apples, fragrant bananas, lychees, longans, grapes,</p> <p>The DM. Patients must not eat the fruit labeled additives such as condensed fruit and canned fruit, because most of them are mixed with syrup.</p>	<p>The researcher: "Food control is not to have foods, yes or no"</p> <p>The researcher: "Food control is....."</p> <p>The researcher: "The effectiveness of food control in to control and prevent DM. From complications.</p> <p>The researcher: "How do you have correct practical method to prevent DM from complications?"</p> <p>The researcher: "What are the suitable foods for DM. Patients"</p> <p>The researchers would conclude the correct practical method and have the members try practicing.</p> <p>If they had any problems, they would talk and try to solve them two next week later,</p>		



objective	Content	Teaching activity	Material	Evaluation
	<p>4. Meat group: it is very useful to the body. They are, for example, fish, pork, duck, chicken, beef,</p> <p>The patients should eat lean meat, avoid having all kinds of animals' skins. In addition, the persons who have high cholesterol and the elderly should not eat egg yolks: they can eat fish dishes in every meal. The fat from the meat and egg yolks tends to raise the cholesterol in the blood. Too much cholesterol in the blood can cause heart disease.</p> <p>5. Fat group: This group gives high energy. Eating too much fat makes obesity. The obese people should not eat fat foods too much such as fried pigs' legs, the foods fried by animals' oil etc. The animals' fat can be stuck up the inner blood vessels – it makes the narrower blood vessels and becomes blood – barred vessels in the long run. It is necessary that the foods be fried by plant oil for cooking such as such as bran of rice oil, flower pollen oil, etc.</p>			

objective	Content	Teaching activity	Material	Evaluation
	<p>However, the coconut oil and palm oil should not be used for cooking, because they have the same properties as the animals'</p> <p>6.Carbohydrate Group: They are rice and rice products such as rice noodles and rice jelly etc. These foods can be changed into sugar. However, they are staple food for Thai people, the Thai patients can eat them properly specially the suitable amount for DM. Patients.</p> <p>DM. Patients should always practice food control. That is to say they should have square meals in each day according to their body needs. It is no good having foods according not to the mealtimes; consequently, it is no good having foods according not to the mealtimes; consequently, it is difficult to control a DM disease.</p> <p>And the foods should not taste salty. The persons having always drink should refrain from them. They can have a little bit whiner they have to drink it. It drinking much alcohol, it stimulates good appetites: moreover, the heart works harder, consequently, the blood sugar level is higher as well.</p>			

Part 3 exercises and drug use fullness

objective	Content	Teaching activity	Material	Evaluation
<p>1.Means and important major to Described that correctly possible.</p>	<p>Diabetes have the method exercise and food controllable continuously been importance. So the exercises which have a body in blood sugar, cholesterol, and cholesterol features mental psychosis better more.</p> <p>The exercises means: The routine activities or working duty supported house work such as : cooking, cleaning Clothes washed, they are particular one of the exercises- arrangement and that patient who have DM and not enough been a house working duty.</p> <p>The correct exercises and have The muscle and the glucose of sugar. consistently been changing and use fullness.</p>			

objective	Content	Teaching activity	Material	Evaluation
	<p>They both have been a fat preventing and reduce. Unless effect the fat increased been have energy to destroyed and more over destroying added both have blood sugar reduce and a low insulin Accelerated of pancreas and been appeared such a good temper complete, that serious and depresses are reduced.</p> <p><u>Eexercises Condition</u></p> <ol style="list-style-type: none"> <li>1. To have exercise every day, but if it is a problem occurs, and ought to be exercised by a few day, and consistency. After have had the exercise for 12-72 hour into 5 day per week and the that patient who have NIDDM are standing and decrease the weight and controlled the sugar in blood</li> <li>2.The exercise less more 20-30 minute then per each.</li> </ol>			

objective	Content	Teaching activity	Material	Evaluation
	<p>Been exercise start being ought to have a short time between 5-10 minute and hold that increase every 2-4 weeks when the body are perfectly.</p> <p>They are start beginning a little-time continuous. And slowly for the people to increase. That who have older and been heart disease appeared.</p> <p>3. An exercise be fore, first had a muscle been relaxed, hat is warning to correct. Have a lot of method of warming and with have the easy method and better more that is walking than about 5 minute, then start beginning and slowly. It is a suitable of warming and necessary particular the exercise in the morning with the muscle did not have prepare, so also the muscle be pain preventing, as a warming its mean a prepare after have already exercise and non have immidiatory stop. But there is the exercise using been continuous less more than that is the opportunity of body been activities changing formal. That warning been relaxed ought to using 5 minute time. The same.</p>			

objective	Content	Teaching activity	Material	Evaluation
	<p>4.The exercise, been the lung and heart had the force are strong as to serve using energy by them which are enough pressure. Why have exercised to the lung and heart suitable using energy for easily observed? That is have a symptom beginning been a little tried but a allowed be very tried cannot say continuous, but if getting and sure that, ought to using touch impulse or hart rate. The criteria is 220 each/minute. The person who have the exercise been the first ought to start a short time before.</p> <p>5. Exercise, ought to have activities been skill and the other suitable, that is the person who have been diabetes to the suitable exercise that is: the arrowbic dancing exercises, such walking, running, cycling, swimming , and rop jumping, unless completed the arrowbic exercise as the yimnustic, chinease dancing , chinease dance, boxing yoka practice each have been a completed exercise to the muscle and the moving of narrow be complement.</p> <p>6. Diabetes is have and effectiveness the sugar in to the exercise practice, so have had some food before and did not got them unless eaten, but might been, have the sugar in blood to lower possible.</p>			

objective	Content	Teaching activity	Material	Evaluation
	<p>So that ought to have a break meal before exercise follow up and a main operating follow:</p> <p>1. Particularly have an exercise been more 30 minute, received the one piece of bread and before exercise to less more such the pair of exercising cycling and tennis</p> <p>6.2 Been have a hard exercise such jockeying, a fast cycling, a single of tennis play games, ought to have some fruits increase such when we have an exercise been more over 1 hour and a half ought to have a pair of sandwiches and piece of fruit</p> <p>6.3 If been have exercise ting to continuous, such forest adventure and for a long way. Of cycling. Before have exercises a received to break meal and after that 30-60 minute latter.</p> <p>The exercises use fullness that arrowbic dancing, consist of that is the forces complete, enough of time and continuously will be a complementation In to both good health and temper.</p>			

objective	Content	Teaching activity	Material	Evaluation
<p>3.To describe the importance of drug taking right possible</p>	<p>1. have been a symptom of vascular thrombosis reduct its have the myocardial infarction and paralysis to effective it have been appearance continuous.</p> <p>2. Have been reduce cholesterol</p> <p>3. Have been reduce Hypertension</p> <p>4. Have been reduce the sugar in blood</p> <p>5. Have had increase the sugar in body using to be efficiency.</p> <p>The blood sugar level in practice control and already exercise good be important. The drug sugar using example like this:</p> <p>DM patient ought to know side effected of DM. Drug, for right taking drug possible</p>			



objective	Content	Teaching activity	Material	Evaluation
	<p>There are consist 2 type of drug. That is infection and the drug criticizes types. In this situation would only have the drug criticizes presented. So because of not have necessary been injecting to the group of DM by the insulin.</p> <p>Have a patient been efficiency to the panaceas used from drug typed. As disease drug should be the panaceas working with to the stimulate and would the energy been insulin hormone perspiring and good better with consist the self of fat and the liver would have the insulin appearance in to the complementation and have both reduce in blood sugar and the sugar surface of muscle increase effect. So that have hyperglycemia more over preventing ought to would have the instruction medicain and have straight on time and about drug using. Have method of drug using follow: have before some meal to the drug using into the patient instruction case, would have a drug using before 30 minute, and that is completed with the meal complement appearance to that some food eating for the blood vessels to criticized.</p>	<p>The researcher: "Do you know the side effect of DM. Drug control?"</p> <p>The researcher: "How do you do drug taking and have side effect after taking."</p> <p>The researcher: "How do you do if have effected"</p> <p>The researcher: "How you other treat cooperate drug sugar reduce" and "you tell the doctor who your treatment known?"</p>		

objective	Content	Teaching activity	Material	Evaluation
	<p>Would have the glucose criticized been the drug stop from into meal eating immidiary taking meal into after meal the drug using into the patient instruction case.</p> <p>So that should have take care of by themselves to the DM patient like this:</p> <ol style="list-style-type: none"> <li>1. Amount and the limited of drug using into the medician instruction.</li> <li>2. Ought to have the drug using and immediately the medician instruction been whether all most diarrhea, dizziness, stomach pain to the lossed resistance symptom appearance, and other what have to take a medicine the appearance and symptom to observed.</li> <li>3. Won'd have to take by my-self into the decrease and increase the drug using</li> <li>4. Both of the native plant medicine, Chinese medicine correct would the another the reduce of drug sugar using to another method prevent. Must have told him the patient who have giving them the treatment.</li> <li>5. Have warn the reduce of drug sugar another one to take use or brought them up by one-self, when its have expired in to before the day issue. Although have seen the first medicain the necessary to see him each other medician have been a blood checking and giving them a treatment continuously into the schedule of prevention.</li> </ol>			

objective	Content	Teaching activity	Material	Evaluation
	<p>Unless into the normally criterion the reduce of sugar control that is DM control with while the meal control, exercise, have already using drug all above that the patient who have been DM. Be opportunity easily the disease resistant so that take care of health D.M patient are important. The consistency of cleanness treatment would have been the necessary important and to be the routine continuous like that:</p> <p>1. Take care of skin cleanness, the skin is the first would have each other disease to encounter so much at treatment cleanness taking follow: taking a bath every morning and evening by using the absorb soap such the body soap and through out of body to be cleaning and particular the narrow and swing narrow and the narrow absorb leg, the puerility production should have and absorb diet after finish.</p> <p>Have avoided the heating packet and ice so because the skin have had a dangerous.</p>			

objective	Content	Teaching activity	Material	Evaluation
	<p>The ulcer are easily normal and rapidly continue but necessary using that ought to have a strap closing and take the towel were covered to have more over heatest and coldest the treatment. But if you are dry-skinness, ought to have got the skin lotion oil taking on that, it's have easily the ulcer and disease be into the human effected. So possible a stick or the touched skin hardly avoided</p> <p>2. Would have necessary a lot, be take care of the leg and the foot cleanness, and so because of pressure a bout the area is have and easily dangerous and received into the thumb narrow appearance, so we can often found that, Also have Amputate effect continue. There for would be have a special of taking like this: on that time of bath taking must have a round feet and black feet cleanness, thumb narrow and absorb dry cleanness time a lot have observed the feet occur appearance and to checking clearly less mere one each per week that informal complication continuous.</p> <p>Before a thumb cutting ought to have been taking feet into the water and added straight cutting and sort so because have had easy cutting. Have avoided skin touching so is have to occur ulcer appearance.</p>			

objective	Content	Teaching activity	Material	Evaluation
	<p>Would unless have the empty walking a voided, the walking on that time should be putting the cutshu and more over shoes that be median size on fit, or non fit or non median. Have a little shoes putting when we have a shoes changing and put out a strong shoes avoided. Put it up to took that to continue be a comfort.. non have a fit cutshoe and avoids. Because it is a very difficult and will be normally. Ought to have an often cleaning and a shoes worsted into an time a winness every day. So because it is a fresh and warm would be the leg to exercises a lot of times. Have had effecting better the blood currenting such: taking arrow on sleep and leg over each have been a triggles with body, and a foot free styl setting and continuous swinging , taking in and out a reverse of and top of feet up and down about 15-20 each per day. Some people who have been a cigarette smoking, ought to have stop its all of. So because the ciquette have had easily the blood tube narrow appearance effected, particular the round leg and foot blood, have a little producty of blood or the narrow appearance effect. That is the musele are dried possible continue.</p> <p>4. Have cleaned Mouth and teeth take caring, ought to have been a tooth brushing by the absorb brush less more 2 each per day, that is got up in the morning and before go to bed. After that have some food on time.</p>			

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