

## **CHAPTER 5**

### **Recommendations**

#### **Policy Recommendations**

1. DM patient care directions should be revised even though the process of implementation would cover the activities of provincial determination. However, the quality and efficiency must be improved, especially the directions for screening and referring. They should be clear and flexible for responsible persons and the clients' benefits.

2. The work policy should be considered. It should cover the activities of DM prevention and control beginning with primary prevention especially the health promotion namely, exercise, diet control, mental health promotion and no smoking etc.

#### **Practice Recommendations**

1. This study found that the health education at the village, health center and hospital levels wasn't clear; the main emphasis was only suggestion and answering the questions of DM patients and risk group, not being able to change their behaviors. So the provincial level DM responsible persons should co-ordinate with the educators to find the appropriate strategies of health education for changing behavior, focusing on prevention and control in the primary level. The important strategies are changing health behavior in at-risk and normal groups, and studying health education techniques relating to community culture.

2. The study found that the screening wasn't specific to the real target group. So the district level DM responsible persons should supervise and be made to

understand with health center level personnel the importance of screening every year for the efficient screening.

3. This study found that there was rotation of responsible persons in every level. So the job assignment should be clear about working and referral details.

4. Provincial level DM responsible persons should coordinate with the provincial pharmacy committee to buy urine strips from a standard company to make the results of urine tests accurate.

### **Recommendation to Research in Next Time**

1. Quantitative research should be studied together with qualitative methods to support these data. Using the findings from this research is basic guideline data.

2. It's advisable that researchers should develop a practical model or the strategies change health behaviors model of normal, risk and ill group.

3. It's preferable that researchers should look into health economics such as screening cost in the community, the cost of DM treatment in the health center and hospital.