

**BEHAVIOR IN DIABETES MELITUS PATIENT AT SAIMOON
HOSPITAL A CASE STUDY IN SAIMOON DISTRICT
YASOTHON PROVINCE**

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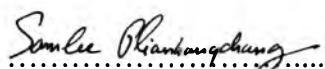
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ABSTRACT

The project aimed to improve self-care behavior of Diabetes Mellitus (DM) patients who could not control fasting blood sugar (FBS \geq 200mg %). Health promotion program by using participatory learning strategy (PL) was adapted. The target populations of 30 cases of DM patients in Saimoon Hospital were selected by purposive selection. The selection criteria were that DM patients have FBS of \geq 200 mg. % and willing to participate in this project. This project was implemented at IPD in Saimoon Hospital, a community hospital in Yasothon Province. The first phase was program operation by employing participatory learning. The second phase was project evaluation, which was conducted after 6 months of the training program. The questionnaire was constructed for collecting knowledge and self-care behavior of DM patients in both pre and post tests. The data used for project evaluation was the level of glucose in plasma after on diet (FBS) and HbA_{1c} level. The quantitative data analysis was based on program SPSS for Windows. The statistical methods were descriptive statistics, which included percentage, average, standard deviation, and paired samples t-test. Content analysis was used in the part of quality data.

The result revealed that the DM patients who participated in health promotion program had better knowledge than pre-training with a significance at p-value.05. In the part of self-care behavior evaluation, the DM patients have improved good level of self-care behavior on food consumption and complication prevention with a significance at p-value.05. When considering self-ability about glucose in plasma after on diets

controlling it was found that the FBS and HbA_{1c} level were decreased with a significance of .05. In addition, the focus group discussion on project evaluation found that majority of participants started to change to positive self-care behavior on food consumption, exercise, strain relaxation and complication prevention. The participants were satisfied with health promotion training program. At the present this model is used for improving self-care behavior in DM patients at Saimoon Hospital. The DM patients maintain their participation in the activities that they used to do in the past training program.

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