

CHAPTER 5

RECOMMENDATION

To be beneficial for future project operation, recommendations gained from this study are outlined in the following:

5.1 Recommendations for Application of the Study

1. After the training program, it was found that there was a significant improvement in knowledge, attitudes, and social support provision to diabetic patients of the family healthcare leaders. Selection of only the caretakers of diabetic patients who could not control blood sugar level or who developed secondary diseases to participate in a similar project would be beneficial and would help to solve problems for the patients and the caretakers directly.
2. It can be seen that the FHL training model, which was continual with the problems encountered during patient care period and was a combined training pattern helped improving the participants' knowledge, attitudes,

and provision of social support for patient care. Therefore, the similar training pattern should be considered in organising a training program for other types of patients such as hypertension patients and AIDS patients or for their caretakers.

3. Provision of social supports especially in terms of resource provision, for instance, catering of food for the patients, taking the patients for exercises, checking skin and foot conditions for the patients, taking the patients for medical examination as appointed, providing first aid upon abnormal symptoms was mostly suitable and in need for the elderly patients. Therefore, training of the family healthcare leaders who function in caring for elderly patients with both diabetes and other diseases should be proposed so that those patients could receive correct and proper care from their family members.
4. The family healthcare leaders' first aid practice when there was an abnormal symptom or a secondary disease was yet incorrect. The family healthcare leaders should be grouped according to the type of diabetic secondary disease they encountered during patient care and then provided with more specific information and more correct advice.

5.2 Recommendation for Further Studies

1. There should be further studies on the diabetic patients' behaviour change in controlling of their blood sugar level after receiving social support from the trained family healthcare leaders.
2. There should be further studies on which aspects of social support provision the patients were mostly satisfied with.