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APPENDICES

Appendix I: Training Instruments

Diabetes Knowledge Test

Please mark / in the blank provided corresponding to your opinion.

Item	Diabetes Knowledge	True	False
1	Diabetes is caused by dysfunction of pancreas.		
2	If father or mother is a diabetes patient, children are at risk of developing diabetes.		
3	Fasting Blood Sugar of a diabetes patient is higher than that of a normal person.		
4	Dizziness is a symptom of low blood sugar level of diabetes patient.		
5	A person who starts to develop diabetes will eat large quantity of food but loose weight.		
6	Before going for the test of blood sugar level at hospital, food and water are restricted for at least 8 hours.		
7	Lard is suitable for cooking for diabetes patients.		
8	DM patients can consume all types of green vegetables with unlimited quantity.		
9	DM patients should limit quantity of food and sweet intakes.		
10	DM patients should not eat snacks or have irregular meals.		
11	Regular exercises can reduce risks and complications of diabetes.		
12	Additional food or soft drinks intake is required if DM patients practice exercises.		
13	If DM patients feel dizzy after taking medicine, they can adjust medicine dosage by themselves.		
14	Diabetes may cause glaucoma.		
15	Diabetes may cause hypertension and renal failure.		
16	DM patients who have injured with small wounds do not have to see doctor or health officer.		

Health Behavior Practice

Explanation: Mark (✓) on the one blank that correctly on your practice.

	For researcher
<p>1. How many times are you eating?</p> <p><input type="checkbox"/> 1. nearly 3 times per day</p> <p><input type="checkbox"/> 2. 3 times everyday</p> <p><input type="checkbox"/> 3. 3 times per day and 2 sweet brake</p>	<div style="border: 1px solid black; width: 80px; height: 30px; margin: 0 auto;"></div>
<p>2. What kind of taste that you eating each day?</p> <p><input type="checkbox"/> 1. salty taste</p> <p><input type="checkbox"/> 2. sweet taste</p> <p><input type="checkbox"/> 3. hot tastenormal</p>	<div style="border: 1px solid black; width: 80px; height: 30px; margin: 0 auto;"></div>
<p>3. What kind of oil that you cooking each day?</p> <p><input type="checkbox"/> 1. lard</p> <p><input type="checkbox"/> 2. vegetable oil</p> <p><input type="checkbox"/> 3. peanut oil or rice-bran oil</p> <p><input type="checkbox"/> 4. Others...</p>	<div style="border: 1px solid black; width: 80px; height: 30px; margin: 0 auto;"></div>
<p>4. What kind of food do you like to eat?</p> <p><input type="checkbox"/> 1. pork, beef</p> <p><input type="checkbox"/> 2. chicken, duck</p> <p><input type="checkbox"/> 3. fish</p> <p><input type="checkbox"/> 4. Others</p>	<div style="border: 1px solid black; width: 80px; height: 30px; margin: 0 auto;"></div>
<p>5. How many times a day are you eating vegetable?</p> <p><input type="checkbox"/> 1. 3 time a day</p> <p><input type="checkbox"/> 2. < 3 time a day</p> <p><input type="checkbox"/> 3. occasionally</p>	<div style="border: 1px solid black; width: 80px; height: 30px; margin: 0 auto;"></div>

6. How many glasses of water are you drinking per day?

1. < 6 glasses
 2. 6-8 glasses
 3. > 8 glasses

7. Do you get exercise?

1. Yes (answer 8-10)
 2. No (not answer 8 -10)

8. How many days do you exercise a week?

1. ≥ 3 days
 2. < 3 days
 3. occasionally

9. How do you exercise?

1. by walking
 2. by physical exercise
 3. others

10. How long do you exercise?

1. < 20 minute
 2. 20 minute- 1 hour
 3. > 1 hour

11. How do you care your foot?

1. For researcher cleaning
 2. clean and dry
 3. foot oil massage
 4. unusual checking
 5. others

12. How many days a week for your foot care?

1. everyday
 2. < 5 days
 3. others

13. How do you do before leaving house?

1. take on shoes every times
 2. sometimes
 3. not take on it

4. How about shoes size?

1. Just enough foot
 2. bigger than foot
 3. smaller than foot

15. How do you brushing your tooth?

1. everyday in the morning
 2. everyday in the morning and before go to bed
 3. sometimes
 4. others

16. how do you do when you having strain?

1. make a concentration
 2. talking with a close friend
 3. abuse to the others
 4. others

17. How do you taking DM drugs?

1. every time in orders
 2. sometimes
 3. always forgetting (≥ 1 time/week)
 4. others

18. You can choose in the correct.

- 1. You have DM drug by doctor's orders.
- 2. both DM drug and herb
- 3. DM drug that buying yourself
- 4. others

19. How do you do on the time of doctor's meeting?

- 1. go to see the doctor every times of meeting
- 2. every an appointment but miss times
- 3. sometimes

20. How do you do when you have symptoms of skin irritating, leucorrhoea and have a chronic wound?

- 1. go to see the doctor before the meeting
- 2. waiting for the time meeting
- 3. buying drugs from drugstore
- 4. others

21. How do you do when you have a symptom of hypoglycemia?

- 1. eat sweetmeats and soft drink
- 2. remitting DM drugs by self
- 3. continuing as the same
- 4. others

Appendix II : Training Curriculum

Curriculum of Health Promotions Program Training to Improve self-care behavior in Diabetes Patients

General Objective of Training: to improve self-care behavior in DM patients by participation learning in-group process.

Date	Subject	Specific Objectives	Participatory Learning/Content	Methods	Materials
1 st day	Introduction	1. To describe the aims of training. 2. To pre-test the knowledge of self-care behavior in participants. 3. To check FBS and HbA _{1c} in participants before going to deal with this program.	-Registration. -Introducing trainers and teamwork. -Explaining the objectives of program and schedule. -Pre-test. -Body checks -Participate in organization. -Participate exercise	Ice Breaking Activities	Training Schedule Document

Date	Subject	Specific Objectives	Participatory Learning/Content	Methods	Materials
2 nd day	Self-care behavior of depression and exercise	1. To learn about how to care themselves in practice of depression.	<p><u>Experience</u></p> <p>-The trainer advice the participants to explain about the symptoms of depression and tell about the way to looks care themselves when they are getting the depressions.</p> <p>-The trainer writes the dictations from participants to the whiteboard.</p> <p>-The trainer explains the real symptoms and how to take care/ prevent themselves from depression.</p> <p><u>Reflect and Discussion</u></p> <p>-The participants discuss about the story that telling by the trainer and watching VDO, topics on the cause and how to prevention and looks care themselves, from there present to groups.</p>	<p>Participate discussion.</p> <p>Observation.</p> <p>VDO relate to depression.</p> <p>Group Discussion</p>	<p>Whiteboard</p> <p>Non-permanence pens</p> <p>VDO</p> <p>VDO Paper</p>

Date	Subject	Specific Objectives	Participatory Learning/Content <u>Understanding and</u> <u>conceptualization</u> -The participants understand the concept and the trainer till completely by conclusion and lead them to make a concentrate, massage practice. <u>Experimental/Application</u> -The participants applied their Knowledge by showing the correct practice, exchange to the others and participate activities.	Methods Conclusion Practice Practice	Materials VDO
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Date	Subject	Specific Objectives	Participatory Learning/Content	Methods	Materials
		<p>1.To learn about how to taking the appropriate exercise.</p>	<p><u>Experience</u> -The trainer asks and explains to the participants about their exercises, from there showing the VDO about the appropriate exercises for DM patients.</p> <p><u>Reflect and Discussion</u> -The participants complain about the limit of their exercises and problems.</p> <p><u>Understanding and conceptualization</u> -The trainer tells them the importance of exercises and lead them to practice</p> <p><u>Experimental/Application</u> -The participants practice the exercises while watching the VDO. -All of Them could be practicing the correct and appropriate exercises.</p>	<p>Explanation Group learning</p> <p>Discussion</p> <p>Summarize Demonstration</p> <p>Activities teamwork</p>	<p>VDO</p> <p>VDO</p>

Date	Subject	Specific Objectives	Participatory Learning/Content	Methods	Materials
3 rd day	Self-care behavior of Nutrition and DM drug taking	1. To learn about how to eat, diet and cooking practice.	<p><u>Experience</u> -The trainer advice the participants to present how to eat and select the kinds of food writes the dictations from participants to the whiteboard.</p> <p><u>Reflect and Discussion</u> -The trainer gives a chance to each participants to discuss about their experiences on cooking, already participate demonstrate cooking with participants.</p> <p><u>Understanding and conceptualization</u> -The trainer defines and explains the knowledge about nutrition, diet food, and let them summarize their concepts.</p> <p><u>Experimental/Application</u> -Each of them just be providing and cooking DM food for 1 menu/person</p>	<p>Participate discussion. Observation.</p> <p>VDO relate to food of DM. Participate demonstration.</p> <p>Group Presentation</p> <p>Activities practice.</p>	<p>Whiteboard Non-permanence pens</p> <p>VDO Food raw materials</p> <p>VDO Food raw materials</p>

Date	Subject	Specific Objectives	Participatory Learning/Content	Methods	Materials
		2.To learn and improve self care of taking DM drug and others.	<p><u>Experience</u> -Asks and answers the topic of their behaviors on DM drugs taking.</p> <p><u>Reflect and Discussion</u> -Sharing their opinions to group the life style of using DM and several drugs.</p> <p><u>Understanding and Conceptualization</u> -The trainer teaches the knowledge of DM and several drugs, how to use them, from there the participants summarize this content to group.</p> <p><u>Experimental/Application</u> -Participants could be telling the correct things about using DM. drugs.</p>	<p>Participate discussion. Observation</p> <p>Group discussion</p> <p>Explanation Group learning</p> <p>Individual Summarization</p>	<p>-</p> <p>-</p> <p>VDO</p> <p>-</p>

Date	Subject	Specific Objectives	Participatory Learning/Content	Methods	Materials
4 th day	Self care behavior in complication prevention.	1. To learn more, how to look care themselves in complications prevention	<p><u>Experience</u> -Asks and answers their behaviors in complication prevention.</p> <p><u>Reflect and Discussion</u> -Sharing their opinions to group the way to look care themselves in complications prevention</p> <p><u>Understanding and Conceptualization</u> -The trainer teaches the knowledge of complications prevention , from there the participants summarize this content to group.</p> <p><u>Experimental/Application</u> -Participants could be telling the correct things about complications prevention. -Post- test</p>	<p>Participate discussion. Observation</p> <p>Group discussion</p> <p>Explanation Group learning</p> <p>Individual Summarization</p>	<p>-</p> <p>-</p> <p>VDO</p> <p>-</p>

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