

## **CHAPTER 5**

### **RECOMMENDATIONS**

The project was aimed to improve self-care behavior of 30-DM patients at Saimoon Hospital who could not control FBS level fewer than 200mg% and were willing to participate in this program which adopted Participatory Learning strategy training.

The specific objective of this project was to improve self-care behavior on food consumption, exercise, and treatment and complication prevention by using Participatory Learning strategy. By the end of this project it was found that there were changes of knowledge, self-care behavior and level of FBS and HbA<sub>1c</sub> in DM patients.

#### **1. Recommendation for policy approach**

All of health service organizations should set clearly policy for DM prevention control to all health officers, especially on health promotion in DM patient and the others such as hypertension and aging group.

#### **2. Recommendation for performing approach**

##### **2.1 DM Patient group**

2.1.1 The result of this implementation showed that health promotion program training by using Participatory

Learning strategy effected to knowledge and self-care behavior of DM patients to be better than without training. Then all health service centers should promote and approach DM patients who have high FBS to participate in this type of program especially for new cases DM patients.

- 2.1.2 The result of this project showed that DM patient could effectively control FBS and HbA<sub>1c</sub> level. Especially, they could change self-care behavior on food consumption. The limitation of this process was due to budget, health officer support and long period training for each of groups. Future training should not stay overnight and should be conducted at the community nearest to participants' houses and focus on community participation. Because of it would be sustained doing of health promotion activities in people.
- 2.1.3 There was a significant effect of the training on self-care behavior of exercise. The aerobic could not changed self-care behavior on exercise with significance in DM patients. It was too difficult for sustain doing, specifically on DM patients who were aging. Then the next study should be adapting the activity on exercises to appropriate with life style of DM patients and people in community and altogether provide the place in community for exercise practices.

## **2.2 Health officer**

At the end of this project, the researcher team found that health promotion center for improve self-care behavior in DM patients by using Participatory Learning strategy in training program effected the regular health officer at IPD in Saimoon Hospital. They have routine work to take care the in-patient while they must be taking care of the DM patients who were participated in training program too. The director should be supporting all of health team especially by reliving the hard work and support human development.

For future project on training program, it is recommended that:

1. The training program should stress on community participation especially health promotion on exercise. The activity on exercises should appropriate and become to routine in their life style.
2. Model of training should be having the close relative who take care of DM patients. These people could encourage and support the patients to improve their self-care behavior and provide correct supervision.
3. The trainer should use Participatory Learning strategy with the other group such as the patients of hypertension or aging group.