

PILOT STUDY ON THE EFFECTIVENESS OF COGNITIVE BEHAVIOURAL NURSING INTERVENTION ON SELF EFFICACY, COMPLIANCE AND GLYCEMIC CONTROL AMONG PATIENTS WITH DIABETES MELLITUS

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ABSTRACT

Introduction

Diabetes mellitus has become a major chronic health problem throughout the world. To achieve good compliance patients need to participate actively in their self-management. Indeed lifestyle changes for diabetes patients can be facilitated by a combination of therapeutic interventions such as efforts to enhance awareness, behavior change and create the environment that supports good health practices. Hence the investigator tailored a cognitive behavioral nursing intervention to assess its effectiveness on self-efficacy, compliance and glycemic control among patients with diabetes mellitus.

Aim

The pilot study aimed at assessing the reliability and feasibility of the data collection and Cognitive behavioral nursing intervention tool and its effectiveness.

Material and Methods

A quantitative approach with experimental research design was adopted in this study. The samples were 40 patients with diabetes mellitus living in selected villages and having diabetes for more than 6 months. The research instruments used were self- efficacy rating scale, compliance scale and fasting and postprandial blood sugar levels assessed at pretest and after two months of intervention.

Results and Discussion

Comparison of post-test self-efficacy and compliance between experimental and control group patients showed a statically significant difference at $p < 0.0001$. Comparison of post-test fasting and postprandial blood sugar values between experimental and control group patients showed a statically significant difference at $p < 0.001$.

Conclusion

As conclusively evidenced in the collected data and results, a cognitive behavioral nursing intervention is fundamental and necessary to maintain the glycemic controls among patients with diabetes mellitus.

KEYWORDS: *Diabetes, Self Efficacy, Compliance and Glycemic Control*