

ABSTRACT

Effect of Roy's Adaptation Model-Guided Education in Patients with Type 2 Diabetes on Diabetes Care Profile

Aim: This study was conducted to determine the effect of effect of Roy's Adaptation Model-guided education in patients with type 2 diabetes on diabetes care Profile.

Materials and Methods: The research was conducted as a pre-test-post-test control group semi-experimental model. The study population consisted of patients with type 2 diabetes applied to Atatürk University Research Hospital endocrinology polyclinic between April 2015 and August 2016. The sample of the study consisted of a total 126 patients with type 2 diabetes (n: 61 in the experimental, n: 65 in the control group) who were selected by random sampling method, met the research inclusion criteria and agreed to participate in the research. "Patient Information Form" and "Diabetes Care Profile Scale" were used for data collection. Training provided to the experimental group lasted 8 weeks, repeating each field two weeks. The training and follow-up process was completed in 12 weeks by continuing to remind the patients with phone calls for one week after the each training. No intervention was made in the control group of patients. After completing the training provided to the experimental group, data collection tools were reapplied in both groups and the post-test data were collected. In the evaluation of the data, percentile distribution, chi-square test, independent samples t-tests and paired t-test were used.

Results: At the end of the study, pre-test and post-test averages of the Diabetes Care Profile Scale of the patients with type 2 diabetes in the experimental group were compared. In the experimental group, it was found that there was a significant decrease in the mean scores of the sub-scales having factors that make diabetes control difficult and a significant increase in the mean scores of the subscales covering the factors that improve diabetes control were found ($p < 0.05$). In the control group, there were no significant changes in the sub-scales including the factors that complicate diabetes control and improve diabetes control ($p > 0.05$).

Conclusion: The training provided to patients with type 2 diabetes in accordance with the Roy Adaptation Model was found effective on the diabetes care profile.

Keywords: Diabetes Care Profile, Training, Nursing, Roy Adaptation Model, Type 2 Diabetes