

EFFECTIVENESS OF NURSING CARE ON HOME MANAGEMENT OF DIABETES MELLITUS AMONG THE ADULTS AT ACHARAPAKKAM, KANCHEEPURAM DISTRICTUmalakshmi P.*¹¹MSc (N) Lecturer, MAC College of Nursing, Adyar, Ch-113.***Corresponding Author: Umalakshmi P.**

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ABSTRACT

Diabetes is Pandemic in both developed and developing countries. This study aims to assess the effectiveness of nursing care on home management of adults with diabetes mellitus in Acharapakkam village, the sample consisted of 30 adults with diabetic mellitus. Research design of this study is evaluative research design and simple random sampling technique was used, the findings of this study shows that Comparison of assessment mean level of 30.4 and evaluation mean 11.2 showed the improvement score, with standard deviation of 3.10 and the 't' value is 19.78 proved that 0.01 level of significance.

KEYWORDS: Diabetes mellitus, nursing care, lifestyle, dietary pattern.**INTRODUCTION**

Diabetes mellitus is a group of metabolic disease and heterogeneous disorders characterized by high levels of blood glucose in the blood that results from defects in insulin secretion or its action. Diabetes mellitus is defined as fasting blood glucose of 126 milligrams per deciliter (mg/dl) or more. Diabetes mellitus is a syndrome caused by an imbalance between body's insulin supply and demand. Diabetes is of two types.

Type-1

Requiring insulin for survival, where the body produces, little or no insulin. Type-I is more common among children and adolescence and accounts for 10-15% of all diabetes

Type-II

When the body is unable to produce enough insulin to meet its requirements or it cannot use the insulin properly. Type-II occurs primarily in adults.

Statement of the problem

Effectiveness of nursing care on home management of diabetes mellitus among the adults at acharapakkam

OBJECTIVES

1. To assess the health status of the adults with diabetes mellitus
2. To evaluate the effectiveness of nursing care on home management of diabetes mellitus among the adults

3. To associate the selected demographic variables with the effectiveness of nursing care on home management of diabetes mellitus among the adults.

METHODOLOGY

The study was conducted in acharapakkam village, at Kancheepuram district. Research design of this study is evaluative research design and simple random sampling technique was used and the sample size consisted of 30 adults with diabetes mellitus (20-60yrs). The tool consisted of demographic variables, self structured rating scale and observational check list. Informed consent was obtained from the study samples.

Comparison between mean and standard deviation of diabetes mellitus among the adults

N=30

S.No	Health Status	Mean	S.D	C.I
1	Assessment day	30.4	2.89	29.09-31.70
2	Evaluation day	19.1	2.04	18.18-20.02

RESULTS AND DISCUSSION**The first objective was to assess the health status of diabetes mellitus among the adults**

The study was conducted at acharapakkam, kancheepuram district, the study samples were 30 adults with diabetes mellitus, who met the inclusion criteria were included in the study. Each client was assessed with questionnaire for demographic variables, rating scale and with observational check list for vital parameters. Each adult was observed and rated by using rating scale at the

seventh day. In assessment day 16(54%)adults were in severe health status and 14(46%)adults were in moderate health status with the mean value 30.4 and standard deviation 2.89.

The second objective was to evaluate the effectiveness of nursing care on home management of diabetes mellitus among the adults

The nursing care as per the protocol provided to each adult was observed by rating scale. In evaluation day,18(60%)adults were in good health status and 12(40%) adults were in moderate health status with mean value 19.1 and standard deviation 2.04.comparison of assessment mean level of 30.4 and evaluation mean 11.2 showed the improvement score with standard deviation of 3.10 and the 't' value 19.78.

The third objective was to correlate selected demographic variables and effectiveness of nursing care on home management of diabetes mellitus among the adults

The correlation proved that there was a significant correlation between the demographic variables (age, educational status, occupational status, family income, duration of illness, food pattern, type of treatment and source of health information).thus the effectiveness of nursing care was independent of demographic variables. From the statistical analysis the paired 't' value of 19.78 which was significant at $P < 0.01$ level.it implies that the nursing care provided by the investigator was effective and showed improvement in health status among adults with diabetes mellitus.

CONCLUSION

The study was concluded that restoration of health of adults would be the present concept of health care delivery system, which is very much applicable here. The nurses must have responsibility for the restoration of health, prevention of complications of adults with diabetes mellitus.

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