

Adherence to Self-Management among Diabetics

Danica Arianne T. Pulido and Dina D. Galang
Adventist University of the Philippines

Abstract

This quasi-experimental study investigated the effects of client education with telephone follow-up on adherence to self-management among diabetics. Purposive sampling was utilized to choose the 79 participants of the study, and was divided into control and experimental group through cast lots. At pre-test, both the control and experimental groups have moderate adherence to blood glucose monitoring practices, medication management, and foot care practices, while fasting blood glucose was high. At post-test, the experimental group adherence to medication management and foot care practices was high, while blood glucose monitoring practices remained moderate, and fasting blood glucose was still high. There was no significant difference in the pre-test adherence level to self-management among the control and experimental group in terms of blood glucose monitoring practices, fasting blood glucose, medication management, and foot care practices. There was a significant difference in the pre-and-post-test adherence to self-management among the control and experimental group; however, in the control group, medication management is not significant. There was significant difference in the gain score in terms of blood glucose monitoring, medication management, and foot care practices between the control group and the experimental group. Those who are female, younger, and diagnosed to have diabetes for less than five years are more adherent to self-management.

Keywords: *self-management, diabetes, medication management*