

2<sup>nd</sup> International Conference on

# DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

September 28-29, 2018 | Montreal, Canada

## The effects of a self-care management education program for patients with diabetic foot ulcers

Jung Yoon Kim<sup>1</sup> and Yun Jin Lee<sup>2</sup>

<sup>1</sup>Seoul National University Bundang Hospital, Korea

<sup>2</sup>Severance Hospital, Korea

**Purpose:** Diabetic foot ulcers are significant problems in diabetes mellitus and often result in lower extremity amputation. This study was conducted to evaluate the effects of a self-care management education program on Korean patient's self-efficacy, self-care behavior, size of the wound, and wound-related pain.

**Methods:** This study was a quasi-experimental study of pre-test and post-test design in a non-equivalent control group. The intervention strategies of self-care management education program consist of individual intervention (education, practice, and demonstration), computer animation, face to face counseling. Thirty-seven patients, 20 of whom for an experimental group and another 17 for a control group were assigned. The experimental group was given a self-care management education program. The control group received only information on diabetic mellitus care with leaflet. Data were analyzed using descriptive statistics, chi-square test, independent t-test, and Mann-Whitney test.

**Results:** There were significant differences in self-care behavior, wound-related pain.

**Conclusion:** Self-care education program is an effective way to increase a patient's self-care ability. This program is highly applicable to the diabetic foot ulcer patients in various settings.

### Biography

Jung Yoon Kim has completed his PhD at the age of 39 years from Yonsei University in Korea. She is the wound care nurse in Seoul national university hospital. She usually takes care of chronic wound such as a diabetic patient with DM foot. She has published more than 10 papers related to chronic wounds and has been serving as a member of Academic Programs Committee in Korea wound management society.

k102100410@naver.com

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