

P1-078 The Effectiveness of Social Support Group Program on Adults With Type II Diabetes at a Community Health Center in Taiwan

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Purpose: The purpose of this study was to examine effectiveness of social support program on the knowledge and self-care behaviors of patients with type II DM.

Methods: The study is a quasi-experimental design by using two groups pre-post test. Conveniences sampling was used and randomly assigned as either intervention or control group followed by participants' visiting at a community health center in a Taichung county of Taiwan. A total of 60 participants were recruited, 30 participants in each group. The social support group program, a ten-week intervention, was given in the experimental group. The program was based on AADE(2011) guideline that included healthy eating habit, exercise, self monitoring, taking medication regularly, problem solving, coping and reducing risks by using lectures, discussion, playing activities, and sharing. The participants in control group were having regular service which were health information with oral or brochure instruction. A total of 6 times intervention with a 60-minute intervention was provided in every other week, Data was collected by questionnaire and clinical records. Data analysis was conducted by SPSS package to test hypothesis with paired-samples t test and independent-samples t test.

Results: The results showed that participants in the experiment group was improve their knowledge and self-care behavior which with statistically significance ($p < .001$). The HbA1c was decreased but not statistically different between pre-post test. The participants' knowledge and self-care behaviors in experiment group were better than whose in the control group, and with statistically significance ($p < .001$). Although, the HbA1c was reduced more in the experimental group than control group, it did not show the statistically difference.

Implications for Practice: This study suggests this social support group program could increase the knowledge and self-care behavior in the patients with type II diabetes at community health center. For community health promotion, an appreciated health intervention can improve the patients' self-care of healthy life style implementation.

Key Words: social support group, knowledge of patients with type II DM, self-care behavior, HbA1c.