

Effect of diabetes training program on knowledge and assessment skill among geriatric worker community in Surabaya / Zamrotul Izzah, Mahardian Rahmadi, Dewi Wara Shinta, Toetik Aryani, Aniek Setiya Budiatin

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Abstrak

ABSTRACT

The prevalence of diabetes mellitus (DM) is higher among other degenerative diseases in Surabaya, Indonesia. Providing information is not sufficient to improve diabetic patients compliance and achieve goals of its therapy. Patients good awareness as well as emotional and social supports from community plays an important role to improve their compliance and clinical outcomes. Therefore, diabetes training program was delivered to geriatric worker community to improve their knowledge on DM and assessment skill to check the blood glucose level of geriatric diabetic patients. A total of 20 female workers were enrolled in the program. They received a series of lectures on diabetes and its management and gained practical skill on using the self cheek blood glucose test. A validated questionnaire was administered to all workers at baseline and at final follow-up to assess knowledge and practice. The overall workers awareness increased over than 100%. After finishing the program, all workers joined a diabetic counseling program for geriatric patients in their community. Glucose levels were evaluate from their patients to assess the outcome of the counseling program. The random and fasting blood glucose levels decreased around 31 % and 14%, consecutively. This study reveals that diabetes training program for geriatric community workers is beneficial to control blood glucose levels.