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Effectiveness of a lifestyle Change Awareness Campaign among Diabetic patients at Selected Indore hospitals

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Introduction

When compared to other developing countries, India now has the highest prevalence of diabetes. The recent rise in the prevalence of diabetes may be traced, in large part, to changes in lifestyle. Changes in lifestyle, such as rising consumption of fast food and relative inactivity, are directly associated with the rise in the prevalence of diabetes mellitus in India, where there has also been a rapid increase in the number of people being diagnosed with the condition. People living with diabetes are assisted in their education and in the formation of attitudes through programmes that increase awareness. The M is able to assist diabetic clients in the practise of preventive measures such as diet management, exercise, taking their prescriptions, caring for their feet, and regular follow-up. Diabetes mellitus is made worse by the presence of risk factors that are connected to one's lifestyle. This is shown by the fact that the prevalence of diabetes-related complications, both direct and indirect, continues to rise. Some of these risk factors, such as dietary practises, alcohol and cigarette use, weight gain, and living a lifestyle that is considered to be of lower quality, are all within one's power to manage. Studies have shown that the chance of issues occurring may be reduced by properly addressing specific risk factors in the environment. The majority of people living in today's society do not place a high premium on making significant changes to their way of life. Nobody has the time or resources in either developing or developed countries to fully appreciate or properly care for their health. Researchers in clinical settings observed a significant number of people struggling with diabetes. This study contributes to the goal of teaching people about ways to improve their health and lifestyles so that they may make the most of the time they have left on this planet.

Methodology

The purpose of this study was to analyse the influence that a diabetes awareness campaign had on the knowledge and attitudes of diabetes patients residing in certain hospitals located in Indore with regard to making changes in their way of life. For the purpose of this inquiry, a design consisting of a pre-experimental one-group pretest-posttest was used. The conceptual framework of this research, which was based on Nola Pender's Health Promotion Model, framed questions to judge the levels of knowledge and attitude possessed by the samples, including a pre-test measure as well as a post-test measure that addressed the alteration of one's lifestyle. The method of deliberate sampling was used to choose 200 samples. In order to conduct an analysis of the data and verify the validity of the study hypotheses, descriptive statistics and inferential statistics were used.

Results

The effectiveness of a lifestyle modification awareness programme was evaluated by comparing the results of a test taken before and after the program. The pre-test mean value was 17.2 and the post-test mean value was 26.1 following the execution of the health promotion programme, as shown by the findings of the research. The average gap between the two levels of expertise was 9.1 points. The value of t that was calculated ($t = 6.2$) was higher than the value that was in the table. This demonstrates that a programme to raise awareness was effective in boosting diabetes patients' awareness of the need to alter their lifestyles. It has been discovered that age, gender, religion, educational level, employment, and location of residence are relevant demographic factors. On the other hand, marital status, monthly income in INR, family type, diet, and previous knowledge are not significant demographic variables. This is what the chi-square value of the posttest levels of knowledge found among diabetes patients reveals regarding the success of an awareness campaign.

The mean value before the implementation of the health promotion programme was 22, while the mean value after its implementation was 39. The overall score for attitude was a mean of 16.

The t value that was computed ($t = 8.3$) was higher than the number that was in the table. This demonstrates the importance of awareness programmes in influencing the mindsets of diabetes patients about the need to make lifestyle adjustments. There is no correlation between post-test levels of knowledge about the efficacy of health promotion programmes among patients with diabetes mellitus and age, gender, religion, marital status, educational status, occupation, monthly income in INR, type of family, residential area, type of food, any family history of diabetes mellitus, prior knowledge, or information sources. This is the case for all of the variables except for educational status.

Conclusion

The vast majority of patients who took part in the awareness campaign gained new information on making changes to their way of life. The results of the study showed that the patients' knowledge of diabetes had grown a lot during the study.

The majority of patients who took part in the awareness campaign ended up deciding to alter their way of life as a result of what they learned. According to the findings of the research, those who suffer from diabetes now have much more positive perspectives. The findings of the literature review were consistent with the findings of this investigation. Patients diagnosed with type 2 diabetes may benefit from the findings.

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