

The Effect of Some Factors on Self-Care in Diabetic Patients: A Systematic Review

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ABSTRACT

Introduction: Diabetes is a major cause of morbidity and mortality in the industrialized and developing world. And due to its late and dangerous effects, it has paid more attention to it day by day. Improving self-care behaviors is the first step in helping patients to take care of their illness. Diabetes self-care may be a function of individual, psychological, and social factors that their understanding and understanding will help health care providers to develop appropriate interventions to promote diabetes self-care behaviors. Given that diabetes is one of the serious global problems and self-care plays an important role in controlling it. Therefore, this systematic review study aimed at the effect of some factors on self-care in diabetic patients.

Materials and Methods: In this systematic review, in order to achieve the goal of the study and to improve the study's precision and its comprehensive understanding, this integrated overview study was conducted based on the Broome method. Broome's method is based on three stages of the search of texts, data evaluation and data analysis, so that in the search phase, the texts of post-retrospective studies are examined in terms of the criteria for entering the study in four stages and after obtaining entry conditions The content of the study is evaluated and the data is analyzed at the end.

Results: In this study, 12 articles were reviewed one of these studies aimed at determining the effect of Self-care education through Teach Back method on self-care behaviors in type II diabetic patients, showed that after the intervention (91.4%) the patients in the experimental group had a good performance and (77.1%) the control group had a moderate performance regarding blood glucose control there was a significant difference between the two groups. Also, there was a significant difference between the total self-care score of the patients in the test group compared to the control group.

Conclusion: According to the results of studies and differences in some characteristics of the patient, Patients with different dimensions of self-care and knowledge require training in diabetes centers to be more practical and more emphasis on making changes in both knowledge and behavior, and improving attitude and self-efficacy in individuals. Also, according to the results of some studies, patients with diabetes had a poor self-care and this poor self-care every year imposes a lot of costs on affected people. Therefore, it is necessary to find ways to improve the self-care of these patients.

Keywords: Self-care, Diabetic patients, Diabetes

INTRODUCTION

In the world every 10 seconds, one person died because of diabetes, and according to the World Health Organization, by 2020, around 333 million people will be affected worldwide. Diabetes is a major cause of morbidity and mortality in the industrialized and developing world. And due to its late and dangerous effects, it has been paying more attention day by day. The disease has spread in the late 20th century,

and there is currently no sign of stopping it (1-7). Diabetes is one of the most important health and socio-economic problems in the world today, with many complications such as blindness, nephropathy, neuropathy, and cardiovascular disease. (8-12). The overall complications of diabetes cause a lot of illnesses. Patients with diabetes are more likely to develop cancer than the general population. Lifestyle behaviors, including nutritional

behaviors, play an important role in preventing and managing diabetes. (13-19).

Among diabetic patients, depression is one of the most common psychiatric disorders in adolescence (20,21). Depression and occupational stress daily can cause some disorders in people's mental and physical health. Job stress is a physical and emotional response that can lead to illness and injury (22-25). Diabetes is one of the most common endocrine complications in people with thalassemia (26). Thalassemia is one of the most common blood disorders that is genetically transmitted from generation to generation (27, 29). Diabetes is one of the serious global problems, self-care plays an important role in controlling it (30). Therefore, this systematic review study aimed at the effect of some factors on self-care in diabetic patients.

MATERIALS AND METHODS

In this systematic review, in order to achieve the goal of the study and to improve the study's precision and its comprehensive understanding, this integrated overview study was conducted based on the Broome method. Broome's method is based on three stages of the search of texts, data evaluation and data analysis, so that in the search phase, the texts of post-retrospective studies are examined in terms of the criteria for entering the study in four stages and after obtaining entry conditions The content of the study is evaluated and the data is analyzed at the end.

The criteria for the entry of articles, including those published in Persian and English, were the full access to their full text, printed over the past 20 years and intervention studies that focused on the effect of peer education on patient self-care behaviors. Exit criteria include unnamed, unannounced, and non-scientific studies as well as articles that lacked the full text of the article.

This study uses the published articles in the last 20 years on the effects of some factors on self-care in diabetic patients. It was conducted in English and Persian by searching articles in search engines, authoritative scientific sites and databases SID, Google Scholar, Embase, Research Gate, Science direct, PubMed, Springer. In the first stage, 35 papers were found. Of these, 12 articles related to the topic that were published in the last 20 years were reviewed.

To achieve relevant studies, a wide range of keywords including Self-care, Diabetic patients

and Diabetes was used as a one-to-one search, combined with the method "And" and "OR".

RESULTS

The results of the research showed that there was a significant relationship between age, sex, history of diabetes, educational level, self-efficacy, social support, patient education, marital status, income status of patients with occupation. Also, in some studies, five variables of self-efficacy, belief in therapeutic efficacy, social support, mild diabetes and insulin therapy are among the variables that influence the prediction of diabetes self-management. These are more important than other variables. So, the higher and the higher the variables, the self-management of diabetes is also increasing.

Also, the comparison of the mean of behavioral score in different aspects of self-care showed that the average of behaviors in the diet dimension and the correct use of drugs was highest and had the smallest amount of blood glucose control and physical activity (31-38).

In a study conducted on people trained by physicians and non-trained health personnel, showed that the mean self-care score in the trained subjects was 3.66 units more than those who did not receive training and also the study of the income variable in the affected population indicates that the average self-care score in individuals with an income higher than 500 thousand tomans was 3.91 times more than those with income less than 500 thousand (32). Also, there was a significant relationship between self-care and patient visit in the clinic that Knowledge and education in the referring subjects increased their mean self-care score (32, 37).

Data analysis revealed that there were five main barriers to self-care, including physical barriers, psychological barriers, social barriers, educational barriers, and barriers to care. As well as the motivating factors for self-care, including belief in diabetes, perceived family responsibilities, religious beliefs, and follow-up and continuing education. Also, in some studies, there was no significant relationship between self-care and age and sex, weight and height, occupation, marital status and family history of diabetes. Also, self-care status was significantly correlated with duration of education and education, so that self-care increased with increasing duration of self-care and illiterate people had good self-care. Based on the results of this study, the type of treatment and marital

status were related only to the foot care dimension. (32,33,36,39,40).

Also, the results of some studies showed that 47.2% of the subjects had a poor self-care and there was a significant relationship between self-care and sex and physical activity (41). In diabetic patients, self-care education is one of the key approaches to successful diabetes management. Teach Back is an interactive educational tool that can enhance knowledge and understanding of the patient and improve their self-management.

In a study (42), aimed at determining the effect of Self-care education through Teach Back method on self-care behaviors in type 2 diabetic patients, showed that after the intervention (91.4%) the patients in the experimental group had a good performance and (77.1%) the control group had a moderate performance on blood glucose control and there was a significant difference between the two groups. Also, there was a significant difference between the total self-care score of the patients in the test group compared to the control group.

DISCUSSION

In the world every 10 seconds, one person died because of diabetes, and according to the World Health Organization, by 2020, around 333 million people will be affected worldwide. Diabetes is a major cause of morbidity and mortality in the industrialized and developing world. And due to its late and dangerous effects, it has been paying more attention day by day. The disease has spread in the late 20th century, and there is currently no sign of stopping it (1-7). Improving self-care behaviors is the first step in helping patients to take care of their illness. Diabetes self-care may be a function of individual, psychological, and social factors that their understanding and understanding will help health care providers develop effective interventions to promote diabetes self-care behaviors (38). Diabetes is one of the serious global problems, self-care plays an important role in controlling it (30). Therefore, this systematic review study aimed at the effect of some factors on self-care in diabetic patients.

According to study (39), self-care status was significantly correlated with duration of education and education, As the duration of self-care increased with increasing duration of illness, illiterate people had good self-care. Based on the results of this study, the type of treatment and marital status were related only to

the foot care dimension, it can be said that due to the results of the study and the differences in some characteristics of the patient, patients with different dimensions of self-care and knowledge need training in diabetes centers more practical and emphasize on making changes in both knowledge and behavior, and improving attitude and Feel self-efficacy in people. Also, according to study (41), it can be said that patients with diabetes have a poor self-care and this weak self-care every year imposes a lot of costs on affected people. Therefore, it is necessary to find ways to improve the self-care of these patients. According to study (42), the use of Teach Back method has a positive effect on increasing self-care in diabetic patients. And can play an effective role in reducing the complications of the disease and improving the quality of life of patients.

CONCLUSION

According to the results of studies and differences in some characteristics of the patient, Patients with different dimensions of self-care and knowledge require training in diabetes centers to be more practical and more emphasis on making changes in both knowledge and behavior, and improving attitude and self-efficacy in individuals. Also, according to the results of some studies, patients with diabetes had a poor self-care and this poor self-care every year imposes a lot of costs on affected people. Therefore, it is necessary to find ways to improve the self-care of these patients.

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