

## 第二型糖尿病患者血糖控制自我管理模式之探討

# Investigation of Self-Management Model Related to Glycemic Control among Type 2 Diabetes Mellitus Patients

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### 摘要

由於糖尿病的罹患率及死亡率有逐年增加之趨勢，因此如何有效的控制糖尿病，是現今預防保健的工作重點。本研究的旨在探討病患基本屬性對血糖控制之影響，並比較血糖控制不良與控制良好病患血糖控制自我管理模式之差異。本研究以立意取樣法在某醫學中心，選取 31 位控制不良和 35 位控制良好之第 2 型糖尿病患者為對象。採半結構性深度訪談方式，並將訪談過程記錄下來。資料分析包括內容分析法及以 SPSS 套裝軟體做量性分析。研究結果發現，血糖控制的良好與否與體重和教育程度有關。血糖控制良好與不良病患在執行口服藥物治療及飲食控制上有顯著的不同，而在執行胰島素注射及運動控制方面，兩組病患並無不同。本研究結果能提供醫護人員在制定糖尿病患血糖控制自我管理行為提供有效護理措施之參考。

### Abstract

Because morbidity and mortality rates of diabetes mellitus have been increasing during recent years in Taiwan, how to prevent and manage this disease has become an important issue today. The purposes of this study were to investigate the factors, which influence glycemic control, and to examine the differences in self-management models between good and poor glycemic control outpatients. A total of 66 subjects (31 subjects in the poor control group; 35 subjects in the good control group) were selected by purposive sampling from a medical center. Data were collected in semi-structured interviews and were analyzed by content analysis and SPSS software. The results of this study demonstrated that both education levels and body weight were significantly related to glycemic control. Significant differences in self-management models of diet-control and taking oral medications were observed between two groups. There were no significant differences in self-management models of insulin injection and exercise between the two groups, however. The findings of this study may help nurses to develop nursing intervention to improve a patient's self-management in glycemic control.