

论著

2型糖尿病患者自我管理现状与糖尿病知识、态度的相关性

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摘要: 目的:评估2型糖尿病(T2DM)患者糖尿病(DM)知识、态度以及自我管理的状况,探讨T2DM患者自我管理与糖尿病知识、态度的相关性,为进一步认识T2DM患者自我管理与糖尿病知识、态度的相互关系提供有效参考。方法:采用一般资料调查表、DM知识量表、DM态度量表及DM自我管理问卷对4所三级综合医院200名T2DM患者进行问卷调查。结果:DM知识得分为 68.06 ± 10.07 ,DM态度得分为 122.60 ± 5.66 ,DM自我管理得分为 57.98 ± 15.30 。文化程度、DM病程、DM并发症、定期复查是自我管理水平的影响因素。自我管理得分与DM知识得分($r=0.176, P<0.05$)、DM态度得分($r=0.256, P<0.01$)均成正相关。结论:绝大多数T2DM患者DM知识、自我管理处于中低水平。医务人员对T2DM患者进行健康教育时,除强调有关DM知识之外,积极改善态度,可以促进形成良好的自我管理行为。

关键词: 2型糖尿病 自我管理 自我护理 知识 态度

Correlation between self-management and knowledge of and attitude to diabetes in type 2 diabetic patients in Changsha

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Abstract: Objective: To assess the level of diabetes knowledge, attitude and self-management activities of the patients with type 2 diabetes mellitus (T2DM), and explore the correlation between diabetes knowledge, attitude and self-care.

Methods: Totally 200 T2DM patients finished the questionnaires, including the demographic information questionnaire, the Audit of Diabetes Knowledge (ADKnowl), the third version of Diabetes Attitude scale (DAS-3) and the Summary of Diabetes Self-Care Activities (SDSCA).

Results: The ADKnowl score was 68.06 ± 10.07 . The DAS-3 score was 122.60 ± 5.66 . The SDSCA score was 57.98 ± 15.30 . Education level, duration of diabetes, complications and periodic review were the influential factors for self-care behaviors. The score of self-care behaviors was positively related to diabetes knowledge ($r=0.176, P<0.05$) and attitude ($r=0.256, P<0.01$).

Conclusion: Diabetes knowledge and self-care behaviors in the vast majority of T2DM patients are at a low level. Medical staff should not only emphasize the diabetes knowledge, but also pay enough attention to the attitude of T2DM patients and improve their self-care behaviors.

Keywords: type 2 diabetes mellitus self-management self-care knowledge attitude

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