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Original Article

Effect of Nurse-led Telephone Follow ups (Tele-Nursing) on Diet Adherence among Type 2 Diabetic Patients

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Abstract:

Background & Aim: Diabetes education does not assure adherence to diabetic regimen. The aim of this study was to investigate the effect of nurse-led telephone follow ups (Tele-Nursing) program on adherence to diabetic diet among type 2 diabetic patients.

Methods & Materials: This was a quasi experimental study. Sixty patients who were registered at Iranian Diabetes Society were selected using convenience sampling method. Data gathering instruments included a data sheet to record glycosylated hemoglobin and a questionnaire. Data were gathered at baseline and 12 weeks after the intervention. First, all participants attended in a three-day self-care education and dietary consultation program at Iranian Diabetes Society. Then, they were randomly assigned to the experiment and control groups. Telephone follow ups were applied in experiment group for 3 months, twice a week for the first month and then weekly for the second and third months. Data were analyzed using SPSS version 13.

Results: Results showed that there were significant statistical differences between control and experiment groups in adherence to diabetic diet ($P=0.035$). There were significant differences in glycosylated hemoglobin between control and experiment groups after the intervention ($P<0.000$).

Conclusion: According to the results of the study, it is concluded that the nurse-led telephone follow ups can improve HbA_{1c} and diet adherence in type 2 diabetic patients.

Keywords:

Type 2 Diabetes, Tele Nursing, Diabetic Diet Adherence

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