Effects of comprehensive intervention in nursing of diabetic patients

GAO Su-hong
(Staff Health Education School in Miyun County, Beijing 101500, China)

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Author: GAO Su-hong (1967-), Female, Miyun Beijing, Nurse-in-Charge, Tel: 13661000138, E-mail: gsh-127@163.com.

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View from specialist: It is creative, and of certain scientific and educational value.

Abstract: Objective: To explore the effects of comprehensive intervention in nursing of diabetes mellitus (DM) patients. Methods: 210 type 2 DM patients were randomized to control group (n=105) and intervention group (n=105). Patients in control group received regular treatment and nursing, while patients in intervention group received comprehensive nursing based on regular treatment and nursing. After 6 months' following up, the effects of two groups were compared. Results: Six months later, compared with the control group, the levels of FBG, 2hPBG, HbA1c, TC, TG in intervention group were significantly decreased (P<0.05), and the lifestyle such as laws of with medication, diet, self-monitoring in the intervention group were also significantly improved (P<0.05). Conclusions: Comprehensive nursing can help stabilize patients' condition, relieve and delay complications, and improve life quality.

Key words: Diabetic; Comprehensive nursing; Effects of nursing