

同伴支持教育对自我注射胰岛素老年糖尿病患者的影响

韩玉琴, 夏引芳, 宋爱华, 李春燕, 顾柳娜

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摘要:目的 探讨同伴支持教育对自我注射胰岛素的老年糖尿病患者的影响。方法 选择2013年6—10月上海市奉贤区中心医院内分泌门诊及住院的糖尿病患者101例。从上海市奉贤区中心医院糖尿病俱乐部会员中招募10例自愿参加同伴支持教育的糖尿病患者,由糖尿病专科护士对同伴支持教育者进行培训,考核合格后,采用示教与反示教的方法对自我注射胰岛素的老年糖尿病患者进行胰岛素规范注射教育。教育前后采用自行设计的胰岛素注射技术考核标准和胰岛素注射相关知识问卷进行调查,观察患者被教育后胰岛素注射相关知识、注射技术和糖代谢的变化情况。结果 101例患者中,最终完成同伴教育95例;教育后糖尿病患者的胰岛素注射技术、胰岛素注射相关知识的掌握情况和糖代谢水平明显优于教育前,差异有统计学意义(P 均 <0.01)。结论 同伴支持教育可明显改善自我注射胰岛素的老年糖尿病患者的认知水平,提高胰岛素注射技术,对有效控制糖代谢起到积极的作用。

关键词:糖尿病患者;胰岛素注射;同伴支持教育

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Effect of peer education on elderly diabetes with self-injection of insulin (Shanghai Fengxian District Central Hospital, Shanghai 201499, China)

HAN Yu-qin, XIA Yin-fang, SONG Ai-hua, LI Chun-yan, GU Liu-na

Abstract: Objective To investigate the effect of peer education on elderly diabetes with self-injection of insulin. **Methods** A total of 101 elderly diabetes in Shanghai Fengxian District Central Hospital from June to October 2013 were selected. Another 10 diabetes volunteered for peer education from Diabetes Club of the hospital were recruited. The volunteers were trained and examined by specialized nurses in diabetes according to China Guideline of Diabetes Drug Injection Technique (2011 edition). They should pass the uniform examination before adopting the method of demonstration and reciprocal demonstration to provide guidance and education on standardized insulin injection to elderly diabetes with self-injection of insulin. The self-designed questionnaire was used to investigate the levels of insulin injection technique and related knowledge, and glucose metabolism in elderly diabetes after peer education. **Results** 95 elderly diabetes fulfilled the programme. They obtained better insulin injection technique and related knowledge. Their glucose metabolism was also improved significantly ($P < 0.01$). **Conclusion** Peer education can play a promoting role in learning of insulin injection technique and self-management and significantly improve the glucose metabolism in elderly diabetes.

Key Words: Diabetes; Insulin injection; Peer education

糖尿病作为临床上常见的一种慢性进展性疾病,患病率高达9.7%^[1]。60岁以上老年人的糖尿病发病

率大于20%。目前,胰岛素强化和替代治疗是控制糖尿病患者血糖的重要手段^[2]。规范注射胰岛素是胰岛素治疗效果的关键,大多数糖尿病患者对注射技术掌握不到位是血糖不达标的一个重要原因。因此,迫切需要对老年糖尿病患者进行胰岛素注射技术指导,以改善其糖代谢指标。本研究受同伴支持教育和班杜拉

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作者简介:韩玉琴(1973-),女,主管护师,本科,主要从事临床护理。

通信作者:夏引芳(1963-),女,主任护师,本科,主要从事护理管理。

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