

PERCEPTION OF TYPE 2 DIABETES PATIENTS ON USING “DIABETES CONVERSATION MAP” AS A NEW EDUCATION TOOL TO ADOPT HEALTHY EATING & ACTIVE LIVING PRACTICES.

Nadia A.¹, Norrafizah J.¹, Normawati A.¹, Komathi P¹, Ruzita AT².

¹ Health Behavioural Research Institute, Ministry of Health Malaysia, Jalan Rumah Sakit Bangsar, 59000, Kuala Lumpur, MALAYSIA.

² Faculty of Health Sciences, *Universiti Kebangsaan Malaysia*, Jalan Raja Muda Abdul Aziz, 50300 Kuala Lumpur, MALAYSIA.

ABSTRACT

Introduction & objective of this study: Diabetes Conversation Map is a patient-friendly support tool designed to engage diabetic patients to identify facts and myths about diabetes and uncover key information by stimulating group's interaction. Thus, this study assessed the perceptions among support staffs who are Type 2 diabetic patients in Hospital Tuanku Jaafar Seremban, Negeri Sembilan by engaging them with Diabetes Conversation Map as interactive visual and verbal tool.

Method: Qualitative approach was used and data were collected by through face-to-face in-depth interview (IDI). Through purposive sampling method, 15 informants participated. The age range of informants was from 24 to 47 years. Thematic analysis was carried out to explore emergence of important aspects of patient's experience.

Result: Through the thematic analysis, there are three main themes emerged: Acceptance of patients, Understanding of patients and Motivation to change. Under the acceptance theme, the sub-themes are feelings, method of learning, comfortability in voicing out and outlook of map. Under the understanding theme, the sub-themes were healthy eating and active lifestyle whereas for motivation to change, the sub-themes were the need to change, changes that is intended to be done and identifying support system. In overall, all patients showed positive acceptance of this map in terms of learning method because it allows patient to tailor their learning experience to meet individual needs. Most of them agreed that the map alerted them to be ready for change.

Conclusion: This study has proven that strategic learning outcomes could aid patients to explore further the importance and identify ways of adopting healthy eating and active living practices in their daily life rather than just having a superficial understanding on that matter through conventional classroom teaching.