



USE OF PSYCHOLOGICAL TECHNIQUES IN NUTRITIONAL EDUCATION OF PATIENTS WITH TYPE 2 DIABETES

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Introduction

Cases of total or partial abandonment of the diet by patients with type 2 diabetes (DT2) schooled were frequently determined. Patients as unmotivating considered the classic educational models used in diabetes school (DS).

Keywords

Diabetes school, nutritional education, psychological techniques. .

Purpose

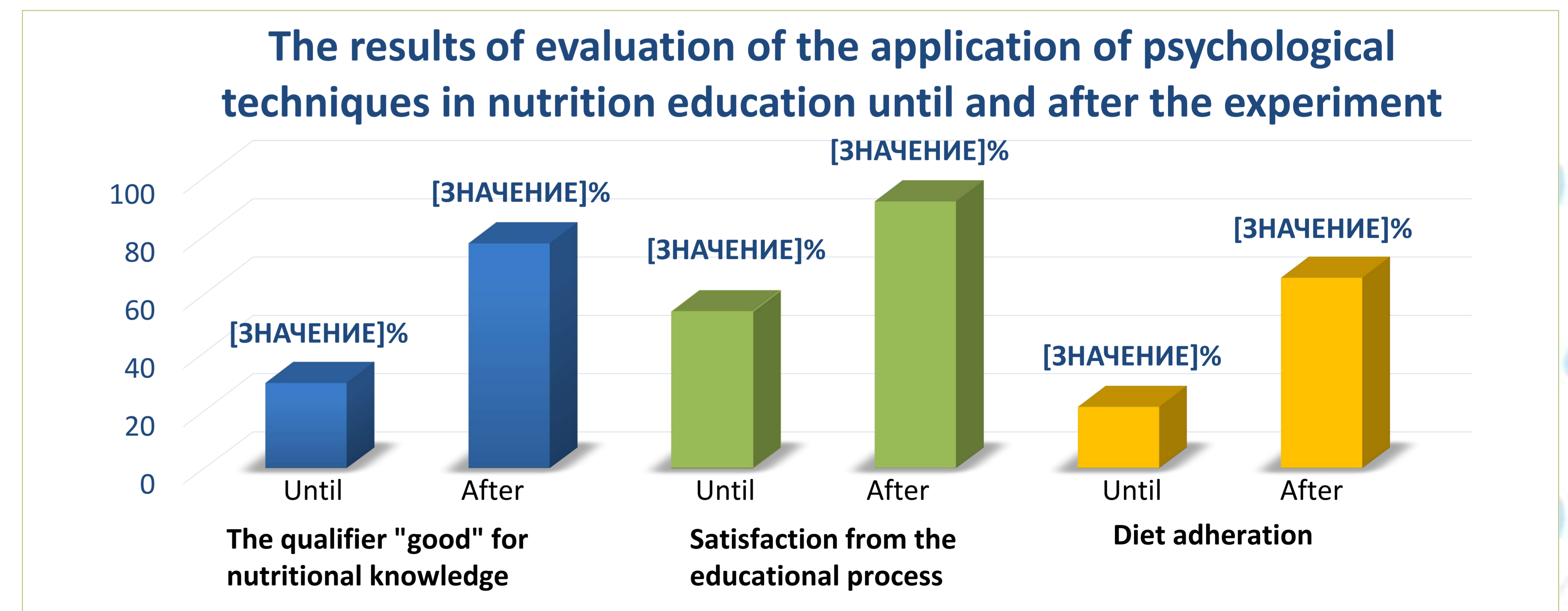
Evaluation of the most common causes of non-compliance with nutritional recommendations by patients with DT2 schooled selection and application of psychological techniques (PT) in nutrition education (NE).

Material and methods

The quasi-experimental clinical study was performed at UCPMA to evaluate the efficacy of ET used in DS and the dietitian's consultations (DC) with the use of PT as an experiment. Data sources were: medical cards and 3 questionnaires: knowledge (QC), satisfaction (QS), adherence to diet (DA). Research methods: observational, epidemiological, clinical, statistical.

Results

The sample consisted of 61 patients with DT2 female, aged between 35 and 75 years, who were trained at DS. Patients were given QC, QS, and AD until and after the experiment. Until the experiment, QC reported nutritional knowledge with the rating “good” only in 18(29.5%) cases out of 61 patients, QS presented satisfaction only in 31(54%) cases, and DA only in 13(21.3%).) cases. After applying the experiment, the QC results showed the rating “good” in 47(77.4%) patients, satisfaction in 56(91.8%) respondents, and DA in 40(65.6%) people, fig. nr. 1.



Conclusions

Through QC, QS and DA it has been shown that NE with the use of PT by the dietitian is more effective than classical ET, used in DS.