

Abstract

Background and Aim: Diabetes is considered the most common metabolic disease in the world. Limited studies have recognized predictors of diabetes self-management behaviors with a comprehensive pattern. The current study aimed to determine the self-management behaviors predictors in diabetic patients referred to the emergency department of Imam Khomeini Hospital in Ardabil. This study was done based on the ecological approach in 2019

Method: The current study is descriptive-correlational. A total of 273 patients with type 2 diabetes referred to the emergency department were included in the study. Study data were collected using the “Belief in the effectiveness of treatment”, “Diabetes self-efficacy”, “Social support”, “Situational impact”, “Diabetes distress screening scale”, and “Diabetes self-management” questionnaires and they were analyzed via independent t-test, One-way analysis of variance, Pearson correlation and linear regression analysis in SPSS22

Results: Based on the ecological theory of the studied community, the results disclosed that among the “individual factor”, variables of gender, level of education, duration of diabetes, having a glucometer at home, diabetes ability, personal support and self-efficacy, in the “interpersonal factor” the variables of the main supporter of health, membership in social networks, family and friends support, neighbor and neighborhood support, in “group and organization factor”, the variables of organizations’ support and in “community and policy factor”, the variables of situational influence and the influence of mass media, were the predictors of diabetes self-management behavior. Likewise, among the fourteen predictors, variables of gender, level of education, having a glucometer at home, diabetes capability, individual support for “individual factors” and situational influence of “community and policy” factors were identified as the most important predictors of behaviors self-management of diabetic patients referred to the emergency department

Conclusion: Since the strategies that emphasize one factor to improve patient self-management may not be adequate to achieve a permanent impact on self-management behaviors, via an ecological approach, multilevel interventions can be used to plan for change at each level. Consequently, in health policymaking, education, and intervention, attention to individual factors to empower patients to manage diabetes, and special attention to environmental situations with realistic and culture-specific approaches are needed to disease management. In this way, the workload of internal emergencies is reduced and the health of diabetic patients and the community is guaranteed

Keywords: Diabetes self-management; Type 2 diabetes; Ecological pattern; Emergency department