

Self-Care Practices of Secondary School Students with Type 1 Diabetes Mellitus

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ABSTRACT

Background: Diabetes in adolescence is a global public health issue that is getting more and more attention. It is a long-term metabolic condition defined by a partial or total lack of the hormone insulin. The key to effective control of diabetes is adherence to the complicated collection of chores that go into diabetic self-care practices. The adolescents spend (5-6) hours in school and during this time they are outside of parental care, so we need to monitor self-care practices of students with T1D.

Aim: The aim of the study was to assess self-care practices among diabetic secondary school' students.

Methods: A descriptive (cross sectional) research design was used in this study. Sample size consist of (200) secondary school students. A non-probability (purposive) technique was used to collect data. Developed interview instrument was used in collect data. Data was gained in the al najaf center for diabetic and endocrine.

Results: 64% of the studied diabetic secondary school students have moderate total self-care practices score while (33.50 %) of them have (low) level of Self-Care practice; finally (2.50%) of them have (high) level of Self-Care practices.

Conclusion: The results of the present study concluded that the highest percentage of the studied diabetic secondary school students have either moderate or low self-care practices. the highest percentage of the studied diabetic secondary school students have either moderate or low self-care practices in all parts of T1D self-care practices.

Keywords: Self-care, Practice, School students

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