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International Conference on
Community Nursing and Public Health
November 19-21, 2018 Cape Town, South Africa

Self-management strategies for diabetic patients on treatment in the primary health care facilities

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Background: Non-attendance of diabetic patients to the primary health care facilities as scheduled appointments has been highlighted as one of the most pressing issues in chronic illness management and resulted into uncontrolled illnesses. Diabetes mellitus has an increased mortality and morbidity rate, thus has been identified as the second killer disease in South Africa.

Aim: The purpose of the study was to determine the self-management strategies to maintain a healthy life for diabetic patients on treatment in primary health care facilities at Sekhukhune District.

Methods: A qualitative, phenomenological, explorative and descriptive study design was conducted in 7 clinics of Sekhukhune District under Elias Motswaledi Municipal, Limpopo Province. Data were collected through one-to-one interviews using semi-structured guide. Non-probability sampling was used to sample until data saturation was reached. Data were analyzed using Tech's coding approach.

Results: The findings of this research revealed that diabetic patients rely more on medication whilst self-management by patients was limited, although they know what they should do they ignore the fact that they need to manage themselves non-pharmacologically which can maintain their quality of life.

Conclusion: It is recommended that support structures be developed in the communities and more home-based carers be hired and trained to run the support/community structures.

Biography

Pheladi Makofane has received a Nursing Bachelor's Degree (Community, Psychiatry and Midwifery) from University of Limpopo and is currently working as a Professional Nurse and Midwife at Hlogotlou Clinic. She is currently pursuing Masters in Nursing Sciences from University of Limpopo.

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