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The Effect of Nutrition Therapy on Progress of Adult Women with Type II Diabetes

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Background: Diabetes Mellitus (DM) has emerged as an epidemic problem in Egypt. Diabetes is a chronic illness that requires a holistic approach in terms of care to prevent both acute and long-term complications. Nutrition therapy for diabetics can be divided into (1) dietary interventions and (2) physical activity. Lifestyle and dietary modifications form the cornerstone of therapy in type II diabetic patients (insulin resistance). Lifestyle modification interventions are a top priority for prevention and control many of chronic diseases.

The purpose: The current study was to examine the effect of Nutrition therapy intervention on reducing some of modifiable risk factors among adult diabetic women. **Methods:** A quasi experimental design was used to test research hypothesis. A convenience Sample of 104 adult women who diagnosed as type II diabetes was selected. **Setting:** this study was conducted in the out-patient clinic of Teaching Hospital, at Shebin El-Kom City, Egypt. **Tools for data collection:** A) Interviewing questionnaire, B) Medication Adherence Rating Scale (MARS), C) 24 hours dietary recall, D) Exercise questionnaire and E) Bio physiological Measurements.

Results: There was statistical significant improvement in medication adherences post intervention compared to pre intervention. Also, there was statistical significant decrease in calories intake post intervention than before intervention. The implementation of Nutrition therapy and lifestyle modification interventions is more effective in redacting random blood sugar in post than pre intervention (227.8 ± 128.9 to 157.5 ± 37.9 respectively). **Conclusions:** Nutrition therapy intervention can favorably decrease some of modifiable risk factors among adult diabetic women.

Recommendation: Encourage nurses to provide health education about Nutrition therapy and lifestyle modification intervention to enhance patient care, and adoption of healthy behavior.

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