

# Effect of Clinical Nursing Pathway in Health Education in Nursing Care of Patients with Diabetes Mellitus

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**Abstract**—To analyze the effect of clinical nursing pathway in nursing care of patients with diabetes mellitus after health education and nursing intervention. **Methods:** 100 cases of patients with diabetes mellitus were chosen as the study object in our hospital from January 2017 to October 2018. It is randomly divided into control group (50 cases) and observation group (50 cases). The control group of patients with diabetes mellitus only used routine nursing path measures, while in the observation group, health education and nursing intervention were implemented on the basis of the nursing care of the control group. The efficiency and satisfaction of nursing were compared between the two groups. **Results:** The efficiency and satisfaction of nursing in the observation group were higher than those in the control group ( $p < 0.05$ ). **Conclusion:** After the health education and nursing intervention for patients with diabetes mellitus, it can effectively improve the symptoms of diabetes in patients, and keep the glucose and other indicators of the patient stable. In addition, it can provide better education and psychological care for patients, and improve the degree of cooperation of patients in the treatment process.

**Keywords**—Diabetes mellitus, health education, nursing intervention, effect of clinical nursing

Health education and nursing intervention have become a common nursing method in diabetes nursing. In recent years, in order to improve the related measures of health education and nursing intervention, this paper mainly focuses on the patients with diabetes mellitus after health education and nursing intervention, and analyze its effect of clinical nursing. The research report is shown as follows.

## I. INFORMATION AND METHOD

### A. General Information

100 cases of patients with diabetes mellitus were chosen as the study object in our hospital from January 2017 to October 2018. It is randomly divided into control group (50 cases) and observation group (50 cases). The control group of patients with diabetes mellitus only used routine nursing path measures, while in the observation group, health education and nursing intervention were implemented on the basis of the nursing care of the control group. The efficiency and satisfaction of nursing were compared between the two groups. In the observation group, there were 30 male patients and 20 female patients, with an average age of  $(52.45 \pm 2.43)$  years. The patient's medical history ranged from 3 months to 5 years, with an average disease course of  $(3.43 \pm 1.09)$  years. While in the control group, there were 31 male patients and 19 female patients, with an average age of  $(53.52 \pm 2.67)$  years. The patient's medical history ranged from 5 months to 5 years, with an average disease course of  $(3.67 \pm 1.13)$  years. In this paper, there were no differences in ratio of gender, mean of age and disease course between the two groups.

### B. Method

#### 1. Control group

The control group of patients with diabetes mellitus only used routine nursing pathway measures, including conducting a comprehensive physical examination of the patients admitted to hospital, monitoring the patient's condition and various vital signs, and guiding the patient's medication according to the doctor's advice to make sure that patients can take care of themselves in their normal life [1].

#### 2. Observation group

##### 1). Introducing the patient's condition.

In the process of nursing, the medical staff should introduce relevant conditions to the patient, and inform them of the knowledge related to diabetes mellitus. Besides, they should explain the causes of diabetes mellitus to the patients to make the patients know what clinical symptoms will occur after suffering from diabetes mellitus. In addition, they also should make the

patient understand the treatment methods and nursing methods of the relevant symptoms through the illness explanation to the patient's actively participating in the process of treatment and nursing [2].

2).Conducting psychological nursing. Patients with diabetic mellitus will have certain negative emotions after learning that they are sick, such as anxiety, nervousness, fear, depression, and irritability, which seriously affects the quality of life of patients, and makes the attitude of patients more negative in the course of treatment. In addition, some patients are more violent after the illness, and are unwilling to cooperate during the treatment process, resulting in the patient's long-term treatment and high vital signs.Hence, patients with diabetic mellitus should be given corresponding psychological nursing in the process of nursing to enable patients to face the process of disease with confidence and take a positive attitude for treatment.

3).Implementing dietary nursing. In the process of nursing patients, dietary intervention, as well as knowledge education and psychological nursing, should be carried out. In this process, medical staff should make some suggestions on patients' diet, and control the total calories of patients' diet to make patients' weight be relatively maintained. What's more, they should balance the dietary nutrition of patients to ensure full nutrition. Patients can eat more food with high dietary fiber, with appropriate combination of buckwheat and supplementation of minerals and vitamins [3].

### C. Observation Indicators

The efficiency and satisfaction of nursing between the two groups were compared. The efficiency of nursing is made up of three indicators, namely, significant, effective and invalid. When the patient's indicators remain stable, and the condition has been significantly controlled, it means that the effect of clinical nursing pathway in nursing care of patients with diabetes mellitus is significant. If the patient's indicators are basically stable, and the condition has been effectively controlled, the effect of clinical nursing pathway in nursing care of patients with diabetes mellitus is effective. If the patient's indicators do not improve, it is invalid. Similarly, the satisfaction of nursing means that patients evaluated the nursing attitude and proficiency of medical staff. It is divided into three dimensions, that is, very satisfied, satisfied and dissatisfied.

### D. Statistical Methods

All the data obtained in this paper were processed in SPSS13.0 software. The data representation method is X<sup>2</sup>, and the results are expressed by percentage (%). If the value is less than 0.05 ( $P < 0.05$ ), there are some differences in the data of this comparative experiment, indicating that this experiment is comparable.

## II. RESULTS

### A Comparison of Efficiency of Nursing between Two Groups of Patients

In this experiment, the efficiency of nursing between two groups of patients were 94% (47/50) and 70% (35/50)respectively. The specific data are shown in Table 1.

TABLE 1 COMPARISON OF EFFICIENCY OF NURSING BETWEEN TWO GROUPS OF PATIENTS

Group	Case	Significant	Effective	Invalid	Total efficiency
Observation group	50	50% (25/50)	44% (22/50)	6% (3/50)	94% (47/50)
Control group	50	30% (15/50)	40% (20/50)	30% (15/50)	70% (35/50)
X <sup>2</sup>					8.673
P					0.042

### B Comparison of Satisfaction of Nursing between Two Groups of Patients

The satisfaction of the observation group was 96% (48/50), of which 28 patients were very satisfied, 20 patients were satisfied, and only 2 patients were dissatisfied with the care. While the satisfaction of the control group was 70% (35/50), of which 15 patients were very satisfied, 20 patients were satisfied, and 15 patients were dissatisfied with care ( $\chi^2=9.325$ ,  $p=0.040$ ).

## III. DISCUSSION

The method of health education and nursing intervention is the kind of health education and nursing intervention for patients on the basis of drugs and surgical treatment. By the use of health education and nursing intervention, the nursing will be more effective, systematic and comprehensive for patients, especially for patients with diabetes. Health education and nursing intervention can make the patient's condition under good control [4]. In addition, when carrying out health education for patients, consulting desk and medical guide desk can also be set up to facilitate patients and their families to consult in hospitals. The consulting desk should be set up at the obvious entrance of hospitals and be guided by professional medical staff.

In order to enable patients to further understand the knowledge of related diseases, the hospital should post a poster related to diabetes on the bulletin board of the corridor, and distribute propaganda brochures on diabetes-related knowledge to patients and their families to make patients know more about related diseases. In addition, there should be professional medical staff to explain the contents of the relevant knowledge brochure, so that patients can more clearly understand the knowledge related to diabetes.

In summary, after the health education and nursing intervention for patients with diabetes mellitus, the symptoms of diabetes mellitus can be effectively improved, and the glucose and other indicators of the patient can be stabilized. At the same time, after that, the patient can be better educated and psychologically treated, the patient's cooperation can be improved in the treatment process, so that patients recover quickly. Therefore, nursing method is worth popularizing and applying.

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