

REALIZATION OF EMPOWERING DISCOURSE IN EDUCATION OF ADULTS WITH TYPE 1 DIABETES

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Background: Today empowerment is seen as one of the core principles for patient education of adults with type 1 diabetes (AWDs). However, it is not known how AWDs assess the realization of recommended methods and content of empowering discourse in their education with nurses.

Aim: Aim of this descriptive study was to examine how nurses used the methods and content of empowering discourse in education from the perspective of AWDs.

Methods: The respondents were recruited via Finnish Diabetes Association by e-mail and social media. The data was collected online in November 2019 using Empowering Discourse in Patient Education -questionnaire for AWDs, created for this study by modifying an instrument of competence in empowering discourse in patient education (Virtanen 2019). The questionnaire consisted of 23 items, divided in how methods were followed (11, 0=Never, 10=Always) and how content was discussed (12, 0=Not at all, 10=Very well).

Results: The sample consisted of AWDs (18 to 65 years) with at least one year with diabetes and no diagnosed mental health problems (n=349). Mean scores for methods and content and highest and lowest items are shown in Table 1.

Table 1. Mean for methods and content and the highest and lowest items

Empowering Discourse in Patient Education	Mean (SD)		Mean (SD)
Methods	6.99 (1.55)	Content	5.29 (1.89)
Content of the discourse was understood	8.79 (1.50)	Equipment for care (e.g. meters)	7.72 (2.01)
Self-assessment of the health situation	8.08 (1.89)	Illness related (e.g. symptoms)	7.64 (2.05)
Summary of the discourse was done together	5.65 (2.95)	Emotions related to diabetes	3.48 (2.88)
Goals for discourse were set together	4.95 (3.07)	Importance of support	3.35 (3.01)

Conclusion: As the realization of methods and content of empowering discourse in practise is still quite modest, there is a need to further research and implement it to the patient education of AWDs. More attention should be given especially on cooperation relating to the discourse and emotions related to diabetes.