

Effects of Knowledge on Fruit Diets by Integrating Posters and Actual-Sized Fruit Models in Health Education for Elderly Patients with Type 2 Diabetes Mellitus

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Abstract : The objectives of this quasi-experiment were: 1) to compare pretest and posttest scores of the experimental group who were given health education on the "Fruit Diets for Elderly Patients with Type 2 Diabetes Mellitus"; and 2) to compare the posttest scores between experimental group and controlled group. The samples of this study were elderly patients with type 2 Diabetes Mellitus at Tambon Kanai Health Promoting Hospital, Thailand. The samples were randomly assigned to experimental and controlled groups, with 30 patients in each group. Statistics used in the data analysis included frequency, percentage, average, standard deviation, paired t-test and independent t-test. The study revealed that the patients in the experimental group had significantly higher posttest scores than the pretest scores in the health education at the .05 statistical level. The posttest scores of the experimental group in the health education were significantly higher than the controlled group at the .05 statistical level.

Keywords : fruit, health education, elderly, diabetes

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