Purpose: Health education is essential in improving self-care management (Ali, Kokorelias, MacDermid & Kloseck, 2018, Espanha, Marconcín, Campos, & Yázigi, 2017, Hunter et.al, 2018, Ganji, Pakniat, Armat Tabatabaei, & Mortazavi, 2018). Yet less investigated in older adults with knee osteoarthritis who have type 2 diabetes and overweight or obesity. Evidence revealed that modification self-care behaviour focusing on knowledge, self-efficacy and outcome expectations is the key for reducing severity of OA progression especially in older adults with type 2 diabetes and overweight or obesity (Marks, 2014, Mark, 2017, Marszalek, Price, Harvey, Driban, & Chenchen, 2017, Mielenz et. al., 2013, Mihalko, 2018). To enhance the quality of care; thus, this study aimed to explore the effects of a comprehensive health education program on knowledge of knee osteoarthritis, self-efficacy, and expectation of treatment outcomes of this population.

Methods: This quasi-experimental research was conducted in 119 overweight and diabetic older adults with knee osteoarthritis based on the diagnostic criteria of American College of Rheumatology. The participants joined the comprehensive health education program, including 1) providing health knowledge / information, 2) doing physical activities and 3) providing knowledge about food / nutrition. Data were collected before and after 2 weeks of the experiment by using knee osteoarthritis knowledge test, a questionnaire on self-efficacy and a questionnaire on expectation of treatment outcomes. Data were analyzed using Paired t-test.

Results: The results showed that after the experiment, the scores of the participants were: knowledge of knee osteoarthritis (Mean ± SD = 7.66 ± 1.17), self-efficacy (Mean ± SD = 26.07 ± 2.84) and expectation of treatment outcomes (Mean ± SD = 10.68 ± 4.33). They were significantly higher than those of before the experiment: knowledge about knee osteoarthritis (Mean ± SD = 6.68 ± 1.12), self-efficacy (Mean ± SD = 22.68 ± 4.33) and expectation of treatment outcomes (Mean ± SD = 8.98 ± 2.36) with statistical significance (P <.001, P <.001, P <.001, respectively).

Conclusion: Health professionals should use this program as a guideline to prevent and control knee osteoarthritis, especially with overweight and diabetic older adults with knee osteoarthritis. Applying effective health education program has more benefit in providing better care in overweight and diabetic older adults with knee osteoarthritis.
Keywords:
expectation of treatment outcomes, knowledge of knee osteoarthritis and self-efficacy

References:


Abstract Summary:
To explore the effects of a comprehensive health education program on knowledge of knee osteoarthritis, self-efficacy, and expectation of treatment outcomes in overweight and diabetic older adults with knee osteoarthritis.

Content Outline:
I. Introduction
A: Health education is essential in improving self-care management.

B: knowledge, Self-efficacy and outcome expectations is the key for reducing severity of OA progression especially in older adults with type 2 diabetes and overweight or obesity.

II. Body

A. Main Point # 1

a) to explore the effects of a comprehensive health education program on knowledge of knee osteoarthritis, self-efficacy, and expectation of treatment outcomes diabetic older adults with knee osteoarthritis.

B. Main Point # 2

1. design

a) The quasi-experimental design.

b) The intervention group received the essential knowledge: health information, physical activities, and nutrition.

2. sample

a) 119 community-dwelling diabetic older adults with knee osteoarthritis.

b) inclusion criteria: age 60 or over; overweight and diabetic older adults with knee osteoarthritis based on the diagnostic criteria of the American College of Rheumatology; no cognitive impairment; and independent in performing activities of daily life.

3. data collection and analysis

a) using questionnaires: 1) The OA knowledge test, 2) The self-efficacy questionnaire 3) The outcome expectations questionnaire

b) analysis using descriptive statistics and Paired t-test.

Main point # 3

1) results

a) knowledge of knee osteoarthritis (Mean ± SD = 7.66 ± 1.17) were significantly higher than the baseline (P < .001).

b) self-efficacy (Mean ± SD = 26.07 ± 2.84) were significantly higher than the baseline (P < .001).

C) expectation of treatment outcomes (Mean ± SD = 10.68 ± 4.33) were significantly higher than the baseline (P < .001).

III. Conclusion
A. Our findings emphasized the effectiveness of the comprehensive health education program on knowledge of knee osteoarthritis, self-efficacy, and expectation of treatment outcomes

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