

Case Study

An Individualized Education Programme with Empowerment Approach: A Case Study

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Abstract

Introduction: Patient education is a cornerstone of diabetes. Empowerment approach aims to enhance personal control of people with diabetes over the day-to-day management of their diabetes.

Aim: The aim of the present study was to explore the effectiveness of an empowerment based approach in a health education programme of a patient with type 2 diabetes in order to assist nurses who are working in this area to provide more effective diabetes health education and care.

Results: A personal health education programme for a patient with diabetes II was planned and applied. The patient who participated in this personal health education programme succeeded in taking her own diabetes control and management, her health status improved and experienced benefits of making necessary life style changes.

Conclusion: As empowerment is not a traditional approach for implementing it into every day clinical practice its application is not easy for the nurse and the patient too. However it can be made and nurses who decide to be involved in applying this approach should renew and develop their knowledge and abilities in diabetes continuously.

Key words: Diabetes, empowerment, nurse, self-management, education