

SUPPORTING SELF-CARE OF PATIENTS WITH TYPE 2 DIABETES IN MALAYSIA

This book is describing the management of type 2 diabetes in Malaysia. A marked increase of type 2 diabetes and associated morbidity and mortality rate over the last 10 years has been recorded in Malaysia. Ineffective diabetes management and a lack of self-care practice among type 2 diabetic patients have been identified as the major reasons for this problem. Research in other countries has highlighted a range of factors influencing effective self-care of type 2 diabetes including patients' perspectives of diabetes, sociocultural issues, religious beliefs and support from healthcare. This book will provide information on how the patients with type 2 diabetes are currently being supported within the primary and secondary healthcare settings in urban areas in Malaysia in enhancing their self-care practice. It also provide information on how healthcare professionals who involved in the diabetes management perceived their roles and support that they gave to the patients. This book is intended to increase understanding of the healthcare professionals on the issues around the diabetes management and self-care support for patients with type 2 diabetes.

Sanisah Saidi is a lecturer as Assistant Professor at the Kulliyah of Nursing, International Islamic University (Kuantan Campus).

ISBN 978-967-418-741-5



9 789674 187415

IUM Press

Tel : +603 6196 5014 / 6196 5004

Fax : +603 6196 4862 / 6196 6298

Email : iiumbookshop@iium.edu.my

Website : <http://iiumpress.iium.edu.my/bookshop>



**IUM
Press**

SUPPORTING SELF-CARE OF PATIENTS WITH TYPE 2
DIABETES IN MALAYSIA

SANISAH SAIDI

SUPPORTING SELF-CARE OF PATIENTS WITH TYPE 2 DIABETES IN MALAYSIA

SANISAH SAIDI



**IUM
Press**

**SUPPORTING
SELF-CARE OF
PATIENTS WITH
TYPE 2 DIABETES
IN
MALAYSIA**

SUPPORTING SELF-CARE OF PATIENTS WITH TYPE 2 DIABETES IN MALAYSIA

SANISAH SAIDI



IIUM
Press
Gombak • 2017

First Print, 2017
©IIUM Press, IIUM

IIUM Press is a member of Majlis Penerbitan Ilmiah Malaysia – MAPIM
(Malaysian Scholarly Publishing Council)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without any prior written permission of the publisher.

Perpustakaan Negara Malaysia

Cataloguing-in-Publication Data

Sanisah Saidi

SUPPORTING SELF-CARE OF PATIENTS WITH TYPE 2 DIABETES IN
MALAYSIA / SANISAH SAIDI.

ISBN: 978-967-418-741-5

1. Diabetes--Malaysia. 2. Diabetes--Treatment--Malaysia.

3. Health care--Malaysia. 4. Government publications--Malaysia.

I. Title.

616.4624

Published & Printed in Malaysia by
IIUM Press
International Islamic University Malaysia
P.O. Box 10, 50728 Kuala Lumpur, Malaysia

CONTENTS

	<i>Figures</i>	vii
	<i>Tables</i>	ix
	<i>Preface</i>	xi
	<i>Acknowledgements</i>	xiii
CHAPTER 1	ISSUES AROUND DIABETES MANAGEMENT AND SELF-CARE	1
CHAPTER 2	ADHERENCE, FACTORS INFLUENCING SELF-CARE AND SUPPORT PROVISION FOR PATIENTS WITH TYPE 2 DIABETES: A REVIEW	7
CHAPTER 3	THE STUDY METHODS	39
CHAPTER 4	MANAGEMENT OF TYPE 2 DIABETES WITHIN THE MALAYSIAN HEALTHCARE SYSTEM	86
CHAPTER 5	PERSPECTIVES OF DIABETES EDUCATOR ON THEIR ROLE IN SUPPORTING SELF-CARE	127
CHAPTER 6	SELF-CARE SUPPORT FOR PATIENTS WITH TYPE 2 DIABETES: A WAY FORWARD	158
	<i>References</i>	181

FIGURES

FIGURE 3.1 Map of Malaysia	39
FIGURE 3.2 Flow chart of recruitment of HCPs	48
FIGURE 3.2 Layout of one of the observed consultation rooms . . .	56
FIGURE 3.4 Transition of data from summary (thematic chart) to categorisation	69
FIGURE 3.5 Process of classification and categorisation of observational data	75
FIGURE 4.1 Levels of diabetes prevention and control within the Malaysian healthcare setting	91

TABLES

TABLE 2.1 List of studies included in the review	10
TABLE 3.1 Data collection methods	42
TABLE 3.2 Criteria for assessing quality of documentary evidence (Scott, 1990)	58
TABLE 3.3 The thematic framework	65
TABLE 3.4 Thematic chart for analysis of HCPS' interview data . .	67
TABLE 3.5 Thematic framework to analyse field notes and documents	70
TABLE 3.6 Framework chart for analysis of observational data . .	73
TABLE 4.1 Characteristics of participants	86
TABLE 4.2 Themes and categories describing self-care support provision	87
TABLE 5.1 Themes and categories describing perspective of diabetes educators on their role in self-care support provision	126

PREFACE

This book is describing the management of type 2 diabetes in Malaysia. A marked increase of type 2 diabetes and associated morbidity and mortality rate over the last 10 years has been recorded in Malaysia. Ineffective diabetes management and a lack of self-care practice among type 2 diabetic patients have been identified as the major reasons for this problem. Research in other countries has highlighted a range of factors influencing effective self-care of type 2 diabetes including patients' perspectives of diabetes, sociocultural issues, religious beliefs and support from healthcare. This book will provide information on how the patients with type 2 diabetes are currently being supported within the primary and secondary healthcare settings in urban areas in Malaysia in enhancing their self-care practice. It also provide information on how healthcare professionals who involved in the diabetes management perceived their roles and support that they gave to the patients. This book is intended to increase understanding of the healthcare professionals on the issues around the diabetes management and self-care support for patients with type 2 diabetes.

This book is derived from a research project title "An exploration of self-care practice and self-care support of patients with type 2 diabetes in Malaysia". However, the content of this book will focusing on the review of the current evidence of self-care support for patients with type 2 diabetes, the information on how this research was conducted, the findings derived from the data that is consist of the interview of the patients with type 2 diabetes, interviews with the healthcare professionals involved in the management of diabetes in the primary and secondary healthcare settings, observation of the diabetes consultation

session between the patients and healthcare professionals and the analysis of the selected documents that are currently used in guiding the management of type 2 diabetes within the Malaysian healthcare settings.

It is hope that this book will shed the light on the issues around the self-care support provision of type 2 diabetes particularly in Malaysia. Within the data that is presented in this book it is clear that, the increased incidence of uncontrolled type 2 diabetes is not merely due to poor self-care practice by patients, but also due to constraints in service delivery and underdevelopment of self-care support provision. The evidence generated can assist in the development of strategies to improve the quality of care and facilitate changes in the self-care support provision in Malaysia.

ACKNOWLEDGEMENTS

The author would like to extend appreciation to the Ministry of Education Malaysia and International Islamic University Malaysia for funding this research project. The author also would like to thank the study participants especially the patients with type 2 diabetes and the respective healthcare professionals who provided valuable input that was essential to this research project and the development of this book. Lastly, the author would like to acknowledge with gratitude the support of the research team particularly Dr Jane Griffiths and Dr Linda Milnes who contributed tremendous support in guiding the research and proof reading the final report of the research. Also the lecturers, academic administrators at the School of Nursing, Midwifery and Social Work, The University of Manchester, United Kingdom for giving supports to the author in completing this study.

