



Using QR Code to improve the effectiveness of diabetes education

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Background

In recent years, the rapid increase of diabetes has not only affected our health, but also brought high cost of medical expenses. Therefore, how to plan an efficient and quality care model is an important issue. Recently, the use of QR Code has become more and more extensive, and it is hoped that technology will be to improve the self-health management ability of high-risk groups of diabetes and "control sugar" for diabetics.

Materials and Methods

All 120 of diabetic outpatients were enrolled from the section of metabolism in the medical center. We randomized these subjects into two groups. The experimental group(n=60) scans QR Code information about health education, and the ones in the control group(n=60) received the routine nursing protocol for outpatient. The follow-up duration was three months(January 10, 2022, to March 10, 2022) .At the conclusion of the activities, the two groups' self care cognition test , Health Education satisfaction and HbA1c reduction rate were compared.

Results

In the experimental and control groups, the health-promoting perception score, 92 vs 75; health education satisfaction 92 and 78. Drug & diet compliance and health beliefs were significantly improved, the rate of progression of HbA1c reduction was 3.2% and 1.0%, with significant differences between the two groups. This shows that using QR code for health education can help to improve health self-management.

Conclusion

The use of QR codes enhances patient access to diabetes without being affected by time and geography so that patients can view the information they need at any time. In the future, this method can be extended to other diseases.

Relevance to HPH

With the advancement of science and technology, the nursing model should also change, and efforts should be made to make the health education model more diversified, flexible, and improve the educational effect, thereby improving the quality of care and promoting health,even prevent disease.