

Summary of research No.
Effect of Self - Efficacy Enhancing intervention program on Physical and Clinical
Health Status of High Risk Diabetic Patients for Leg Problems

abstract : This study aimed to Evaluate Effect of Self - Efficacy Enhancing Intervention Program (SEEIP) On Physical and Clinical Health Status of High Risk Diabetic Patients for Leg Problems.**Research hypothesis:** Diabetic patients' who attended the program will undertake diabetic self-care activities more frequently, have better **lower limbs health status, blood pressure and laboratory findings**, follow a healthy **self care practice and habits** have higher level of **perception of health and self confidence and** will have greater self-efficacy towered managing their lower limb complications, as compared to Diabetic patients' who did not attend the program as measured by the developed tool. **Study design:** A randomized controlled trial study design was conducted with pre (baseline) and post-test (undertaken at five weeks and six months following baseline collection) **Setting:** This study was conducted in the diabetic outpatient clinic in ain-shams specialty university hospital in Egypt. **Sample :**A purposive sample of 60 adult diabetic patients risky for diabetic foot ulcer but not developed was contacted by the researcher and randomized to become the intervention and control group using a random number table. **Tools of the Study:** The data collection tools consisted of (1) (1) **patients interviewing questionnaire**, to assess patients socio-demographic data, medical history and assess, self car practice (2) **Physical assessment sheet for diabetic patient's feet** that developed by the researcher to assess patient's feet health status and assessing the degree of progress or deterioration of the foot health status according to the total score, (3) **diabetes clinical form** to determine patients clinical health status and (4) **self-efficacy assessment form** to determine patients selfe confidence regarding dealing with his diabetic problems INC).**Results of the study:** results indicated that, there was an improvements among patients in the study group as compared to those in the control group regarding their lower limbs health status, their self care practice and habits, perception of health and self confidence, blood pressure and laboratories findings, self –confidence, glycoslated hemoglobin, and foot care scores. **Conclusion:** The implementation of **self efficacy enhancing intervention program for those patients** was successful in improving their perception of health and habits, self confidence, self-care skills, and consequently on their lab investigation and lower limb health status. **Recommendation:** it is recommended to generalize such self-efficacy enhancing intervention program in hospitals for teaching diabetic patients whom have lower limb problems foot care and illustrated booklet should be made available and distributed for each diabetic patient admitted to hospitals.

Key words: Self – Efficacy, Diabetic self-care activities, Physical and clinical health

