

**PERCEPTION OF TYPE 2 DIABETES PATIENTS ON USING DIABETES
CONVERSATION MAP RELATED TO HEALTHY EATING AND
ACTIVE LIVING AMONG SUPPORT STAFFS IN
HOSPITAL TUANKU JA'AFAR SEREMBAN,
NEGERI SEMBILAN**

ABSTRACT

There are many studies in the country that assess diabetics' health literacy, attitudes and practices towards diabetes despite the effectiveness of the learning methods in government hospitals. Thus, this qualitative research was conducted in Hospital Tuanku Jaafar Seremban, Negeri Sembilan with the purpose to study the perception among type 2 diabetes patients in using Diabetes Conversation Map as a new educational tool if the tool helps the patients in getting ready to change to adopt healthy eating and active living practices. A total of 15 respondents (7 men and 8 women) ranging from 24 to 47 years (39.5 ± 7.3 years old) have participated in this study. Respondents were selected through purposive sampling. Data were collected through in-depth interviews which were recorded and detailed out in Bahasa Malaysia. Identity of the respondents remained with high confidentiality. Audio data is then transcribed before prior to being transferred to N-Vivo version 9. Three main themes were found; patients' acceptance of using the Diabetes Conversation Map, patient's understanding of the map's topics and patients' motivation to change. Based on this study, all patients showed their like and preference of this map in terms of learning method, comfortable in giving opinion and graphic picture in the map. Their level of understanding also seem very good because they had mentioned about the benefits of eating healthy habit, risk and complication of diabetes, choosing healthy food and knowing about food portion recommended to them. In addition, the respondent have also affirmed that using the Conversation Map helps them to prepare themselves to change to adopt healthy eating and active living practices. Therefore, as a conclusion this study revealed that the use of the Diabetes Conversation Map is positively perceived and accepted by the type 2 diabetics among the support staffs of Hospital Tuanku Ja'afar Seremban. The findings of this study provides an evidence that the conversation map aids patients in adopting a healthy eating and active living practices. At such, this study contributes as a reference for improvement of health education strategies, particularly for Diabetes Education Class.