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Designing Decision Pathways for Diabetes Self-Care Management for Individuals Living with Diabetes in Nabunturan, Davao de Oro

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Abstract

This study aimed to develop a health communication tool for individuals with diabetes in Nabunturan, Davao de Oro. By enhancing self-efficacy through diabetes decision pathways, I sought to improve medication adherence, diet, physical activity, and monitoring. The tool was designed to be accessible and relevant to the local community. This study qualitatively developed diabetes self-care decision pathways through in-depth interviews with patients, caregivers, healthcare providers, and community leaders. Saturation was reached after interviewing 30 participants using snowball sampling. The resulting pathways were refined through pre-testing based on content, strategy, and design elements. Individuals with diabetes in Nabunturan face multifaceted challenges. Self-efficacy, trust in healthcare providers, social support, and financial capacity emerged as key issues. Participants struggled to maintain their diabetes regimen due to various factors, including emotional distress and a lack of support. Building trust with healthcare providers, fostering strong social connections, and addressing financial constraints are essential for improving diabetes self-management. Communication interventions can bridge gaps for rural diabetes patients. Future research can explore other mediums using this study's data. While focused on Nabunturan, findings can benefit larger at-risk rural populations facing limited access to care and information due to socioeconomic and geographic barriers.