

## **“Let’s Get Healthy Together”: A Clinical Intervention to Improve Knowledge, Attitudes, and Practices in Blood Glucose Management among Rural Patients**

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### **Abstract**

Blood glucose management is essential for preventing and controlling diabetes mellitus, a chronic metabolic disorder with a rising global prevalence. Effective regulation of blood sugar requires a holistic approach combining lifestyle changes, medical interventions, and behavioral support tailored to each patient's needs. This study aimed to objectively assess the knowledge, attitudes, and practices (KAP) related to blood glucose management among rural patients with prediabetes or diabetes. Using a quasi-experimental design and purposive sampling, 20 adults diagnosed with prediabetes or diabetes (not on insulin therapy) participated in a survey. The intervention utilized the Transtheoretical Model (TTM) and began with a needs assessment to guide the development of a 10-session module involving lectures and activities. Knowledge, attitudes, and practices were evaluated before and after the program. Results indicated consistently high knowledge levels, very positive attitudes toward blood glucose management, and health-promoting practices among participants throughout the study. Although there were no significant changes after the intervention, the program reinforced existing positive behaviors and attitudes. Future research should consider larger, more diverse populations, longer interventions, and the inclusion of community-based support to enhance outcomes and generalizability.

