

Challenges in daily life with type 2 diabetes

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Conclusion

One of the most prominent challenges for people with type 2 diabetes is to choose appropriate food and

beverage in grocery stores. An IT-application as support may be a useful tool to meet current and future needs.



Background

Type 2 diabetes is a major health problem requiring lifelong and regular contacts with health care for check-ups, getting advice and support. The different organizations as well as the different professions involved are each skilled in their specialist area and may have different opinions about what kind of support that is needed. To provide adequate support claims insights into how people living with type 2 diabetes perceive their situation.

Aim

The purpose of this study was to explore challenges that people living with type 2 diabetes have in daily life and what kind of support they wish and need.

Method

Data were collected through focus group interviews with people living with type 2 diabetes. Each group met three times. The study used a participatory design and was initially anchored in collaboration with three diabetes nurses. The nurses mediated the contacts with the persons living with type 2 diabetes. The interviews were analyzed by the model suggested by Krueger and Casey (2009).

Results

The main part of the discussions concerned issues about food and beverage. The most prominent challenge was to understand the relationship between blood glucose level, content in food and beverage and physical activity. In addition, the participants desired information technology as guidance in grocery stores. Based on the findings a future intervention will be to develop and test an IT application as guidance. The IT guidance should be developed in close collaboration with the users and the guidance should be user friendly.