

Thesis Title Effect of Tai Chi Qigong Exercise on Glycosylated Hemoglobin Level
Among the Elderly with Type 2 Diabetes

Author Miss Sirilak Poesuya

Degree Master of Nursing Science (Gerontological Nursing)

Thesis Advisory Committee

Associate Professor Sombat Chaiwan Chairperson

Assistant Professor Duangruedee Lasuka Member

ABSTRACT

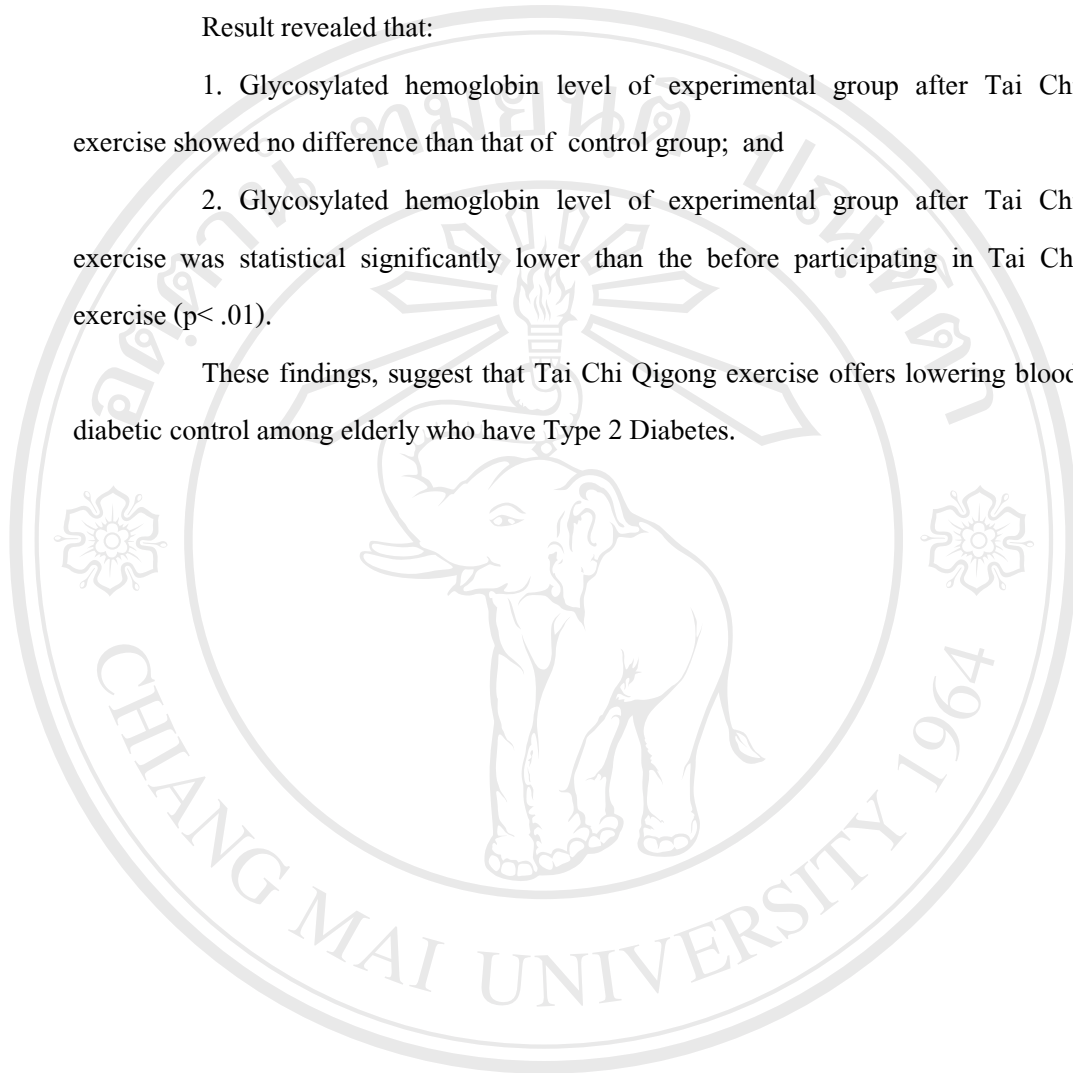
Diabetes mellitus (DM) is a chronic illness that has increased mortality rate. The effects of type 2 diabetes in the elderly makes for difficulty of glucose uptake into muscle cells, higher insulin resistant and increased blood sugar levels. Aerobic exercise such as Tai Chi Qigong exercise can improve glycemic control in the elderly who have type 2 diabetes. Purpose of this quasi - experimental study was to examine the effect of Tai Chi Qigong exercise on glycosylate hemoglobin levels in the elderly with Type 2 Diabetes. Subjects included Type 2 Diabetes patients, receiving oral hypoglycemic drugs and attending Diabetic Clinic, at Out – Patient Department , Chom Thong Hospital, Chiang Mai Province, April to August 2005. Thirty subjects were purposively selected and assigned equally into experimental and control groups, 15 persons in each group, matching by sex, age, education level, and glycosylate hemoglobin level. Subjects in the experimental group were trained with Tai Chi Qigong exercise by the researcher, 45 minutes per interval, 5 times per week for 12 weeks. Subjects in the control group did not participate in Tai Chi Qigong exercise. Research instruments employed consisted of Demographic

Data Record Form, and the Cobas Mira, which measures glycosylate hemoglobin levels. Demographic data was analyzed using descriptive statistics. Hypotheses were tested by t - test.

Result revealed that:

1. Glycosylated hemoglobin level of experimental group after Tai Chi Qigong exercise showed no difference than that of control group; and
2. Glycosylated hemoglobin level of experimental group after Tai Chi Qigong exercise was statistical significantly lower than the before participating in Tai Chi Qigong exercise ($p < .01$).

These findings, suggest that Tai Chi Qigong exercise offers lowering blood sugar in diabetic control among elderly who have Type 2 Diabetes.



ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่
Copyright © by Chiang Mai University
All rights reserved