

Using Smartphones To Log Blood Sugar & Foods For Diabetes Patients

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Abstract: Some diabetes patients differ whether to reject or accept preventive health services or healthy living techniques. The health belief model theory asserts that there is a high probability that an individual will respond to messages concerning disease prevention and health promotion when there exist certain four conditions. The first condition is when that individual believes that he is at risk of developing a specific condition. This is also possible when the individual believes that there exist serious risks and consequences upon developing the said conditions. An additional aspect is the existence of a belief that it is possible to reduce the risk through a specific behavioral change. Finally, if the individual believes that it is possible to manage and overcome barriers to behavior change.

Introduction

Health Belief Model is an essential theory in explaining the process through which diabetes patients can be encouraged to embrace the use of smartphones or tablets to log sugar and food eaten. HBM helps in explaining why different patients would reject or accept preventive health services or healthy living techniques (Rankin et al, 2005). The theory assert that there is a high probability that an individual will respond to messages concerning disease prevention and health promotion when there exist certain four conditions (Rankin et al, 2005). The first condition s when that individual believes that he is at risk of developing a specific condition (Rankin et al, 2005). This is also possible when the individual believes that there exist serious risks and consequences upon developing the said conditions. An additional aspect is the existence of a belief that it is possible to reduce the risk through a specific behavioral change. Finally, if the individual believes that it is possible to manage and overcome barriers to behavior change (Edberg, 2010). The first condition is the existence of a perceived threat. For diabetic patients the threat of contracting the disease at severe levels is considered as one of the most essential motivating factors to the use of smartphones or tablets to log details of the food they consume. The ability of the patients to see diabetes as threatening is a stimulus to embracing technology (Rankin et al, 2005). Other than the perceived threat of diabetes, perceived susceptibility, which refers to the risk a person, has and perceived severity, which refers to the serious of the consequences, can act as essential stimulus that will enable patients to use their smartphones or tablets in assessing the content of the food they consume. For effective change of behavior, the use of the health belief model will ensure that the patients believe in both susceptibility and severity of the disease (Edberg, 2010). The existence of hope that upon embracing the new behavior there will be positive changes in the life of patients also increases the possibility that the said patient will adopt the perceived behavior change (Rankin et al, 2005). The use of smartphones and tablets to log information regarding the content of the food consumes and the underlying benefits of provision of essential information as preventive measures can help in the motivation of patients. This must be accompanies with the understanding that for effective adoption of the intended behavioral change, it is the responsibility of the health practitioner to explain to the patients how the benefits outweigh the disadvantages (Edberg, 2010). Furthermore, through the efforts of the

health practitioner it will be important to develop a technique of ensuring an understanding of how to overcome and management the barriers related to the use of smartphones or tablets to log information related food consumed by diabetes patients. One of the ways would be to educate these individuals on the processes involved logging information into their devices. Through such an awareness session it will be easier for the patients to understand the benefits and the techniques that they must use to ensure that the process successful (Rankin et al, 2005). The process of using the health belief model in changing behavior among diabetes patients concerning their ability to use smartphones is only applicable when it is possible to understand the reasons that might prompt to reject or accept change. If patients were unaware of the risks related to contacting diabetes, it would be prudent to direct awareness sessions towards the provision of information regarding personal risk factors of the disease. In situations where patients feel that they might be overwhelmed by the behavior change, it will be essential to focus teachings on the techniques that patient can use in overcoming the perceived barriers (Edberg, 2010). This technique of focusing on the existing problem that may limit the possibility of the behavior change occurring is beneficial since it ensures that the problems that patients are facing are addressed. It is also an approach that ensures that all eh parties in the change process are satisfied with the outcomes of the change process (Edberg, 2010).

Conclusion

Health Belief Model theory helps those who in need for new technology to detect and measure their food consumption. Explaining the four conditions the patient might respond to the using the smart phones would help eliminate the risk of diabetes.

References

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