

Introduction

To prevent the need for dialysis, high-risk groups with diabetes need interventions to prevent progression to serious conditions. For individuals with high diabetes risk, we considered it necessary to employ support strategies that differ from the conventional ones that are focused on risk and knowledge provision. Based on our previous studies, we assumed that the following types of support were needed for individuals with high diabetes risk:

- ① Support that encourages them to learn about their own bodies and conditions with peace of mind
- ② Support that connects physical condition and lifestyle behaviors
- ③ Provision of knowledge that suits individual needs
- ④ Support with making friends
- ⑤ Support that takes advantage of their own strengths
- ⑥ Support aimed at enabling them to identify their own treatment goals and how to work toward them.

With focus on these six approaches, we provided knowledge to public health nurses making home visits to individuals with high diabetes risk, accompanied their home visits, and held a case conference after home visits. In this study, we interviewed these public health nurses.

Purpose

This study aimed to clarify the nursing support to be provided by public health nurses during home visits to individuals with high diabetes risk.

Methods

- (1) Educational support for public health nurses and nutritionists

Held a lecture and seminar on the Strengths Model, which is used in the mental health field.Held a lecture and seminar on support and foot care for diabetes patients

(2) Accompanying homevisits

Accompanied public health nurses’ home visits to persons with high diabetes risk

(3) Case conference

Held a case conference after home visits

- (4) Data collection and Participants

Conducted a focus group interview with public health nurses and a nutritionist who participated in (1) to (3) above. The interview was conducted by a researcher who was not involved in any of (1) to (3) above.

(5) Analyses

The obtained data were coded into meaning units and then similar meaning units were grouped into categories.

(6) Research period

August 2021-February 2022

◆ **Ethical considerations** : The study was conducted after ethics approval from the institution to which the researcher belongs.

Results

I . Subjects Subjects included four public health nurses and one nutritionist.	③ Touch their body and ask them about their life and the progress of status to understand their thoughts and feelings <ul style="list-style-type: none">Public health nurses thought that asking high-risk persons about their daily lives would motivate them to learn more about health management, and eat while considering the relationship between the amount of activity and calorie intake.
II . Nursing support to be provided during home visits to persons with high diabetes risk ① Promote their understanding of symptoms caused by hyperglycemia through visual media and physical experiences <ul style="list-style-type: none">Public health nurses thought it was necessary to use visual media such as illustrations to help high-risk persons better understand their current state and what their future state could be if hyperglycemia were left untreated.Public health nurses thought it was important to communicate to high-risk persons their conditions while touching their soles and veins, i.e., working directly on their bodies, in order to help them deepen their understanding about their own bodies. ② Encourage them to recognize their own strengths <ul style="list-style-type: none">Public health nurses considered support for high-risk persons that takes advantage of their own strength as follows:High-risk persons became aware of their own strengths through communication from their supporters about the effects of their health management activities. Being aware of their own strengths has led high-risk persons to take more care of their bodies, e.g., by consulting a doctor, or inspecting the state of veins themselves.	④ Guide them to shift their attention from the problems they care about to real problems <ul style="list-style-type: none">Public health nurses thought it was important to guide high-risk persons to shift their attention from the problems they cared about to real problems. ⑤ Motivate them to take preventive measures to stay healthy <ul style="list-style-type: none">Public health nurses said that although in the past they had thought there was not much connection between foot care and diabetes management, they regard “keeping feet clean” and “not hurting the feet” as important health management practices.Public health nurses thought that how to cut nails could be very important information for protecting the health of high-risk persons. ⑥ Maintain continuous engagement with them <ul style="list-style-type: none">Public health nurses thought that for high-risk persons who are unwilling or not ready to make changes to improve their test results, it was important to continue to visit them and build a relationship of trust with them little by little.

Discussion

- Support services that the public health nurses consider important and nursing approaches that the researchers consider important overlapped.
- We considered the following two are especially important : (1) support that connects physical condition and lifestyle behaviors, and (2) support that takes advantage of high-risk persons’ own strengths.