

## Documents

Mustapa, A.<sup>a</sup>, Justine, M.<sup>b</sup>, Manaf, H.<sup>c</sup>

**Effects of patient education on the quality of life of patients with type 2 diabetes mellitus: A scoping review**  
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<sup>a</sup> Department of Physical Rehabilitation Sciences, Kulliyah of Allied Health Sciences, International Islamic University Malaysia, Kuantan Campus, Pahang, Kuantan, Malaysia

<sup>b</sup> Centre for Physiotherapy Studies, Faculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam Campus, Selangor, Puncak Alam, Malaysia

<sup>c</sup> Integrative Pharmacogenomics Institute, Universiti Teknologi MARA, Puncak Alam Campus, Puncak Alam, Selangor, Malaysia

### Abstract

Introduction: Patient education is an integral component of diabetes mellitus care. The emergence of different methods and characteristics of patient education has led to varying outcomes of quality of life (QoL). Herein, we systematically searched for published studies reporting patient education and its methods and characteristics for improving the QoL of patients with type 2 diabetes mellitus (T2DM). Methods: In this scoping review, eligible studies from six databases (PubMed, Scopus, Cochrane Library, Springer Link, Science Direct and Google Scholar) were identified. The keywords used in the search strategies were as follows: health education, health promotion, patient education, diabetes care, QoL, diabetes mellitus and type 2 diabetes mellitus. Two reviewers independently screened all references and full-text articles retrieved to identify articles eligible for inclusion. Results: A total of 203 articles were identified in the initial search. Of them, 166 were excluded after screening the titles and abstracts. Further full-text screening led to the subsequent removal of 22 articles, leaving 15 articles eligible for data extraction. Conclusion: There is a broad array of methods of patient education for improving the QoL of patients with T2DM. Self-management education with supplementary supervision and monitoring effectively improves QoL. Future studies must emphasise the application of holistic education covering psychological distress, diet plan, and physical health. © 2022, Academy of Family Physicians of Malaysia. All rights reserved.

### Author Keywords

Health education; Health promotion; Patient education; Quality of life; Type 2 diabetes mellitus

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**Correspondence Address**

Manaf H.; Integrative Pharmacogenomics Institute, Puncak Alam, Selangor, Malaysia; email: haidzir5894@uitm.edu.my

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