# Self-care related perspectives of Chinese people with type 2 diabetes living in Australia

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Abstract
Previous experience shows diabetes is a huge burden in all countries and in all aspects of society for the economy and for the individual. Type 2 diabetes (T2DM) accounts for approximately 85 to 95% of all people with diabetes (IDF, 2009).

There is a high prevalence of T2DM among Chinese populations (IDF, 2008). Even when Chinese people start a new life in another country, the need to prevent or manage T2DM is essential.

Migrant populations that experience dramatic cultural and environmental changes after they immigrate to a new country also have high prevalence rates of T2DM (IDF, 2008). Usually, immigrants take their general and health beliefs, practices and traditions with them. Thus, cultural diversity should be recognised when those immigrants require health services.

The birthplaces of Australians in the 2006 census were listed as over 240 countries (Department of Immigration and Citizenship, 2008) and showed Chinese Australians are the third most common cultural group in Australia. Therefore, the ethnically mixed Australian population needs cultural integrity in service delivery, generally, and diabetes care specifically.

An exploratory descriptive study will be undertaken to explore and describe how Chinese people with T2DM manage diabetes self-care in Australia. The study will be conducted in two phases. Data will be collected using semi-structured individual interviews and focus groups.

Self-care is essential to health maintenance, and disease prevention, especially when people have a chronic illness such as T2DM. Self-care definitions are various and encompass similar concepts, but most appear to be from health professional's point of view. However, diabetes self-care is not a health professional activity. Therefore, health professionals need to keep in mind the fact that self-care requires the individual to undertake essential tasks several times a day, and recognise the relentless, ongoing nature of self-care for the individual's lifetime (Utz, et al., 2006).

(299 words in length)

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