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Nurses' perspectives on the use of Ayurvedic treatment among adults diabetes in Sri Lanka

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Introduction: Cultural competence among nurses is becoming increasingly important. Sri Lanka is an ethnically diverse island state that has a high acceptance rate of Ayurvedic treatment used for glycaemic control among adults with type 2 diabetes mellitus (T2DM). Nurses play an important role in supporting patients with diabetes who often seek information regarding Ayurvedic treatment for diabetes. There is a paucity of data regarding how nurses perceive Ayurvedic treatment for glycaemic control among adults with T2DM in Sri Lanka. The findings of this study will add to the body of knowledge on the use of Ayurvedic treatment in diabetes, especially as it related to culturally competent care.

Objectives: To explore how nurses perceive the use of Ayurvedic treatment for glycaemic control among adults with T2DM in Sri Lanka.

Methods: A descriptive qualitative design was used. After ethical approval nine nurses caring for adults with T2DM for more than one year in a premier Ayurvedic hospital were interviewed until data saturation. All interviews were audio-recorded, and transcribed verbatim. Qualitative content analysis was used to analyse data.

Results: Three sub-categories emerged from the study: feeling cared for them, avoid bodily harm and challenge to give nursing care. Most of the participants emphasized that Ayurvedic treatment gives a feeling of caring for the patients, which supports adherence to the prescribed treatment. Most participants highlighted the need of more knowledge and practices on Ayurvedic treatment in order to overcome the challenges faced during their care for the patients with diabetes in Ayurvedic settings.

Conclusion: Nurses play an important role in giving and facilitating Ayurvedic treatment for diabetes. Future areas of research are needed to enhance the integration of Ayurvedic treatment into diabetic care in Sri Lanka.

Keywords: Type 2 diabetes mellitus, Ayurvedic treatment, Qualitative research, Nurses, Sri Lanka