

- Describe a significant nursing clinical issue, topic of interest, or practice problem that is important to you. Describe why you chose the problem/topic.

- Write your clinical question in the PICO(T) format for your nursing practice problem.

- Share why you care about this nursing practice problem and why you believe the problem would benefit from finding the best evidence

\*To write your clinical question in the PICO(T) format, use the NR439\_Guide for writing PICOT Questions and Examples found in your required reading or access the following link:

**Describe a significant nursing clinical issue, topic of interest, or practice problem that is important to you. Describe why you chose the problem/topic.**

- Diabetes mellitus is one of the leading causes of death in the world. It significantly impacts the metabolic system, directly affecting the cardiovascular system (Blume et al., 2008). Type 2 diabetes is a most common prevalence in the United State followed by complications of diabetic foot ulcers. Diabetic foot ulcers count as 16% of all hospital admissions in the United State in which more than 85% of the cases will lead to lower extremity amputations in Europe and USA (Sajid et al., 2015). I choose this topic because diabetic related complications are one of the most common admitting diagnosis in the hospitals in San Diego, CA. This topic is important for me to learn because I want to explore more therapeutic options of managing diabetic foot ulcer, teaching patient proper ways to prevent foot ulcers. Currently, my uncle lives with diabetic foot ulcer, this condition is prevalence in my family as well.

**Write your clinical question in the PICO(T) format for your nursing practice problem.**

- In adult patient who are 40+ and older diagnosed with diabetes mellitus, (P) would individualized foot care education session (I) improves therapeutic & faster healing of the diabetic foot ulcer, (O) when compared to not receiving proper education (C) over 3 months (T)?

Listing each of the PICOT elements.

P = Patients with diabetes mellitus who are age 40+ and

older I = individualized foot care education session

C = not receiving proper foot care education

O = Faster & therapeutic healing of the diabetic foot ulcer wound

T = 3 months

**Share why you care about this nursing practice problem and why you believe the problem would**