

**RECOMMENDATION FOR AN EVIDENCE-BASED PRACTICE CHANGE  
POWERPOINT PRESENTATION: DIABETES**

**Chamberlain College of Nursing**

**NR505NP Advanced Research Methods: Evidence-Based Practice**

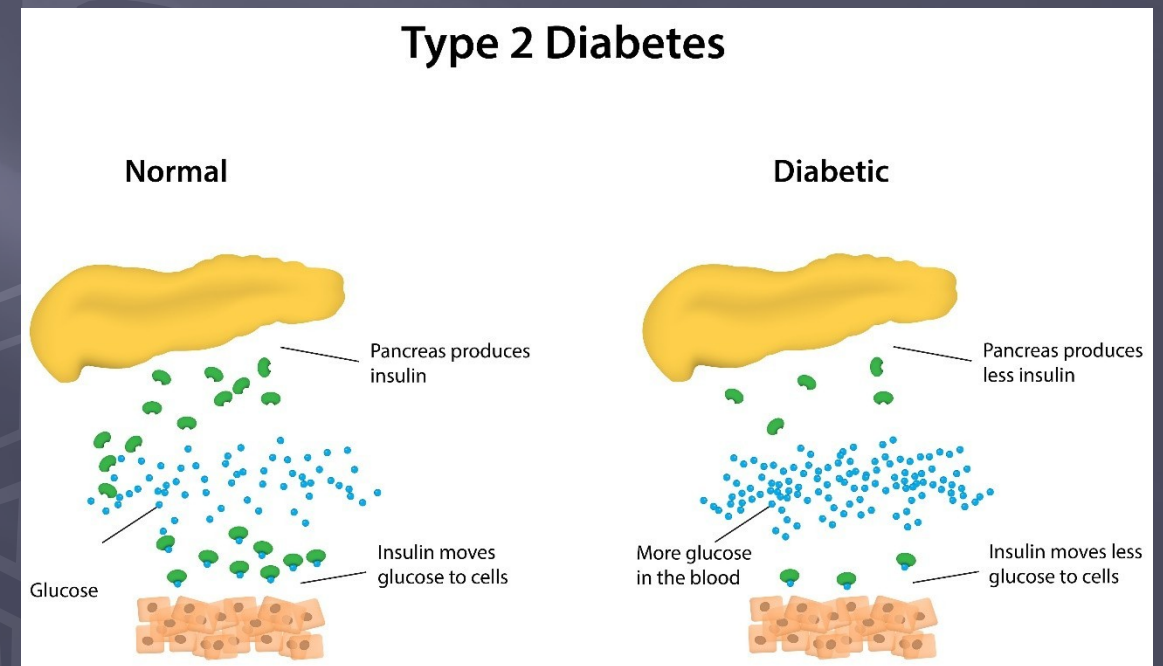
**Dr. Okoh**

**Due Date**

# Introduction

The purpose of this Kaltura PowerPoint presentation is to discuss:

- ❖ Diabetes Self-Management
- ❖ Practice Issue
- ❖ PICOT Question
- ❖ Literature Review
- ❖ Recommendations



# PRACTICE ISSUE

- ❖ Area of interest -Type II Diabetes
- ❖ Practice issue and how it relates to NP practice
- ❖ Impacts on health outcomes

(Dendup et al., 2018)

# Practice issue continue

- Sedentary Lifestyle
- Familial Tendency
- Average Age 50 Years
- Hx of ↑BP
- Fatigue ↓ Energy
- Obese
- Recurrent Infections
- Polyuria
- Polydipsia
- FBS > 126 mg/dl



- ❖ Practice issue and how it relates to NP practice
- ❖ Impacts on health outcomes

(Gucciardi et al., 2020)

# PICOT QUESTION

P = In low socioeconomic adult population 40- 65years old diagnosed with type 2 diabetes

I = Does providing focused educational diabetes support help improve A1C

level C = Compared to no education on how to improve A1C level

O = Show more significant improvement in hemoglobin A1C

T = Over 6-12 months

PICOT Question written in full: In low socioeconomic adult 40- 65years old population diagnosed with type 2 diabetes

(P) does providing focused educational diabetes support help improve A1C levels (I) compared to no education-related

diabetes (C) Show more significant improvement in hemoglobin A1C (O) over 6-12 months T?

# LITERATURE REVIEW

- ❖ 10 articles reviewed  
Implementation of self management education
- ❖ Common themes
- ❖ Insight and perspective



# LITERATURE REVIEW continue

- ❖ Tools that enhance self-management habits are available from DSME
- ❖ Group sessions aid patients in managing their condition  
Assisting with creating personal objectives that are attainable and monitoring progress

(Van Smoorenburg, 2019)



# RECOMMENDATION IMPLEMENT GLUCOSE SELF-MONITORING PROGRAM



- Self-monitoring glucose raises patient's awareness Although successful this intervention is primarily used in conjunction with monitoring dietary habits Community based programs are cost – effective and achieve good outcomes.

( CDC,2021)



# Key stakeholders

- ❖ Health Care Providers
- ❖ Health insurance companies
- ❖ Community group exercise



# RECOMMENDATIONS: ANALYZE FIT, FEASIBILITY, AND APPROPRIATENESS

Fit, feasibility and appropriateness

Does this recommendation add value? Does it improve clinical outcomes? Would it improve patient or provider satisfaction? Would it reduce the cost of care? Would this change improve unit operations?

# Conclusion



# References

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Thank you !