

Lifestyle Modifications and Self-Management in Diabetes Care

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PROBLEM STATEMENT

- Necessity to work towards a better management regimen for diabetes care to improve patient outcomes
 - Lifestyle modifications
 - Self-awareness behaviors
- Diabetes management/care should be comprised of a comprehensive approach
- Patients at the clinic showed lack of control of their diabetes:
 - Average hemoglobin A1c is eight to 10
 - Patients are overweight/obese
 - Poor education/decreased health literacy
 - Minimal participation in lifestyle changes

PROJECT PURPOSE

- Implement the United Healthcare My Diabetes Toolkit for providers to utilize with diabetic patients and assess its efficacy using the Diabetes Self-Management Questionnaire (DSMQ)

PROJECT AIM

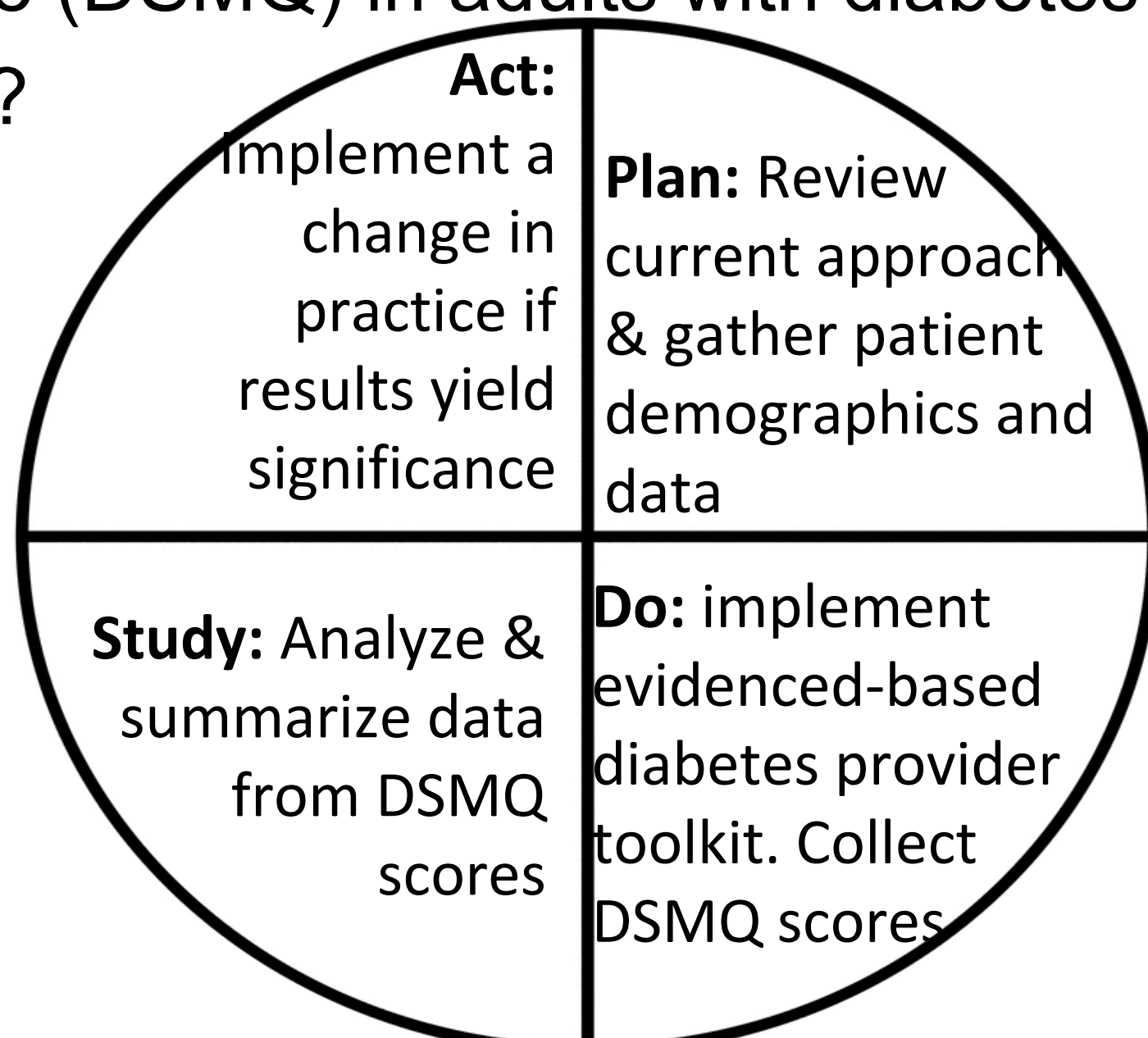
- Increase patient's self-awareness to lifestyle interventions to improve their diabetes and decrease diabetes-related comorbidities

CLINICAL QUESTION

- Will the implementation of a diabetes toolkit as compared to current practice improve scores on the Diabetes Self-Management Questionnaire (DSMQ) in adults with diabetes mellitus over three months?

MODEL/NURSING THEORY

- Plan-Do-Study-Act (PDSA) model
- Prescriptive Nursing Theory



METHODS

- Subjects (Participants)**
 - Adult participants 18 years of age or older
 - Diagnosis of type II diabetes mellitus
 - Able to make their own medical decisions and agreement to participate
- Setting**
 - At home primary care organization
- Instruments/Tools**
 - DSMQ will be utilized pre and post implementation of the United Healthcare My Diabetes Toolkit to assess if patient's level of involvement in self-care activities increased
- Intervention and Data Collection**
 - DSMQ done by patients pre and post implementation
 - United Healthcare My Diabetes Toolkit and associated education is given to the patient
 - DNP student calls patients monthly to assess progress

RESULTS

Patient Number	Pre DSMQ scores	Post DSMQ scores
1	3.8	5.2
2	2.9	7.1
3	3.3	6.5
4	4	5.6
5	3.1	6.5
6	5	5.8

Mean: 2.43
 Squared deviation sum: 9.07
 T value: 4.424649
 P value: 0.00343



DISCUSSION

- DSMQ scores improved after implementation of the United Healthcare My Diabetes Toolkit
- The mean of the score differences was 2.43 points
- The greatest improvement was seen in glucose management (Mean: 3.18)
- Health-care use subscale of the DSMQ showed the least improvement (Mean: 1.5)

LIMITATIONS

- Small number of participants
- Language barrier
- High population of participants with cognitive deficits and/or physical limitations

IMPLICATIONS FOR ADVANCE PRACTICE NURSING

- Ensures patients are given the necessary tools to control their diabetes mellitus.
- Keeps APRNs up to date with current guidelines

SUSTAINABILITY

- All new patients with diabetes will get an educational folder with the United Healthcare My Diabetes Toolkit included
- Registered Nurses will be able to explain the toolkit

REFERENCES



Use of the United Healthcare My Diabetes Toolkit improved patient scores on the DSMQ