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What Are Best Strategies for Symptoms Management, Health, and Wellness Promotion of Individuals With Diabetes?

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The prevalence of diabetes mellitus has double within the past years. This chronic disorder of metabolism characterized by a partial or complete deficiency of the hormone insulin is one of the major disorders that is complicated by other co-morbid health problems when not properly managed. This study aims to identify the best strategies for symptoms management, health and wellness promotion of individuals with diabetes. Insulin produced in the pancreas, regulates blood glucose level by enabling glucose to enter the cells where it is used for energy.

When there is no sufficient insulin or insulin is ineffective in promoting glucose uptake by the cells, glucose builds up in the bloodstream which results in hyperglycemia (high blood sugar).

This disorder is the most common metabolic disease, resulting in metabolic adjustment or physiologic change in all areas of the body. Diabetes can be of difference types. There are Type 1 diabetes-insulin-dependent, Type 2 non-insulin-dependent, other types includes Maturity-onset diabetes of the young (MODY), and Gestational Diabetes Mellitus (GDM). Genetics can predispose a person to the occurrence of type 1 and type 2 diabetes mellitus. Toxins and viruses can predispose an individual to diabetes by destroying the beta cells, leading to type 1 diabetes mellitus. Obesity, physical inactivity, high triglycerides (greater than 250 mg/dL), and hypertension may lead to the development of insulin resistance and type 2 diabetes mellitus.

Maturity-onset diabetes of the young (MODY): associated with monogenic defects in beta cell function that are characterized by impaired insulin secretion with minimum or no defect in insulin. Onset of hyperglycemia occurs at an early age. Gestational Diabetes Mellitus (GDM): occurs during pregnancy due to some degree of glucose intolerance.

As nurses, we can use every opportunity we have to help identify patients who are at risk for developing this disorder. Nurses can play essential role through continuous creation of awareness and educating their patients and families to increase the knowledge of the people about this order so they can better manage their health by avoiding the avoidable risk factor that could predispose them to this disorder.

Title:

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Keywords:

diabetes, endocrine disorder of metabolism and insulin management

References:

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Abstract Summary:

The prevalence of diabetes has double within the past years. This study aims to identify the best strategies for symptoms management, health and wellness promotion of individuals with diabetes. Continuous creation of awareness and education can increase the knowledge of the people about this order so they can better manage their health.

Content Outline:

Title
Introduction
Diabetes
Types
Etiology/ pathophysiology
Clinical manifestation:
Diagnostic studies:
Collaborative care (drug tx, nutrition, surgical interventions)

Nursing management
Assessment
Plan / Implementation, Ambulatory/home care:
CONCLUSION
Reference

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