

# What are the Strategies for Symptoms management, health and wellness promotion of individuals with diabetes?

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## Abstract:

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. Continuous creation of awareness and education can increase the knowledge of the people about this order so they can better manage their health.

## Purpose:

The purpose of this research was to identify the best strategies for symptoms management, health and wellness promotion of individuals with diabetes.

## Methods:

A literature search was conducted using the following electronic database EBSCO, CINAHL, through Walden University library. The search aimed to identify all previous articles that discussed diabetes, its prevalence, risk factors, the impact it has on the lives of affected individuals, and best strategies for symptoms management, health promotion and prevention. Original and peer-reviewed articles were considered for this review. The research was limited to only article that was written in English with title containing diabetes.

## Results:

Education, knowledge and awareness are key strategies to health and wellness promotion and prevention of diabetes as well as symptoms management

## Conclusion

As nurses, we can utilize any opportunity we have to continue to creating awareness about diabetes, identifying at risks individuals to educate them on risk reduction, health promotion and symptoms management.

## Introduction

### Diabetes Mellitus:

- ❖ Chronic metabolic disorder characterized by a partial or complete deficiency of the hormone insulin.
- ❖ 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).
- ❖ The most common metabolic disease, resulting in metabolic adjustment or physiologic changes in all areas of the body.
- ❖ 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.

### Types:

- ❖ Type 1: insulin-dependent; Caused by pancreatic islet beta cell destruction .
- ❖ People with type 1 usually have sudden onset of illness and an absolute insulin deficiency.
- ❖ Some cases are thought to be caused by autoimmune process and in some other cases, the cause is unknown.

### Type 2 : non-insulin-dependent

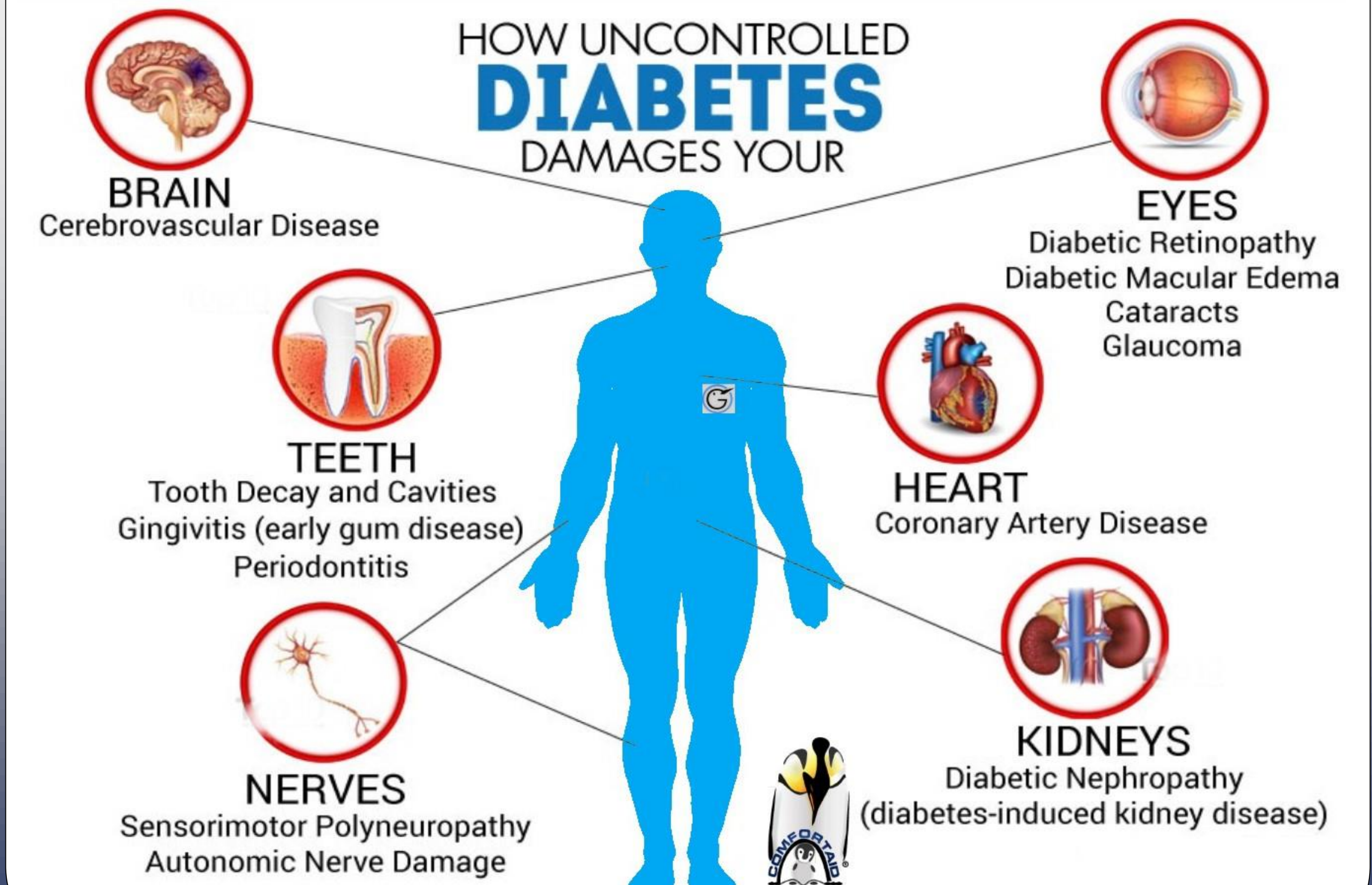
- ❖ Influence by genetic factors
- ❖ predominant form of diabetes in pediatric age-group.
- ❖ Arise because of insulin resistance
- ❖ Body fails to use insulin properly
- ❖ Nutrition plays a role
- ❖ over weight and obesity , physical inactivity, high triglycerides (> 250 mg/dl), hypertension may lead to the development of insulin resistance

**Other types:** 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.

## Strategies for symptoms management, health and wellness promotion of individuals with diabetes

- ❖ Nurse should continuously creating awareness, educating their patients to:
- ❖ Adhere to therapy and treatment regimen as instructed by their healthcare provider
- ❖ Depending of the type of diabetes determine the treatment option; some people may require oral medication, while some may require insulin; therefore they should be advised to consult with their healthcare provider to fine out which method of treatment is best for the patient.
- ❖ Plan food in variety of ways to have a balance diet.
- ❖ Modify their life style to, increasing dieting and exercise
- ❖ monitor their blood glucose levels when using herbs or supplements and to consult their healthcare provider before using any herbs or nutritional supplements as they may affect blood glucose levels.
- ❖ Careful monitoring of supplement use is vital as there are scientific evidence to possible hypoglycemia and hyperglycemia related to the use of Herbs and Supplements.
- ❖ healthcare provider should determine whether or not any herbs or supplement is right for you.
- ❖ Regular health check-up with their health care provider.



DCCT: Relative Risk of Progression of Diabetic Complications by Mean HbA1c

