Making Connections: Implementing the National Diabetes Education Program to Improve Diabetes Management in Hispanic Patients

Adriana Bentum-Tilus, DNP, APRN-C; Carrie Riley Risher, DNP, MA.Ed, CMSRN
Beverley E. Blair Brown, EdD, MSN, SCM, ARNP, FNP

Purpose: The purpose of this project was to positively impact the health of a Hispanic patient’s community by providing education clinics that included the patient and family members. With diabetes ranking 3rd in chronic diseases in this population of people, evidence-based practice has shown that educating the patient and family on healthy lifestyle changes that include diet, and exercise, improves their dietary habits and blood glucose levels.

Methods: Using an evidence-based practice education model: Four Steps to Manage Your Diabetes for Life, ten volunteer nurse practitioners (NPs) individually instructed 37 patients and families weekly for 20 to 30 minutes over a 9-week period. The theoretical framework used was Orem’s self-care theory. The Plan-Do-Check-Act change model was used also. Retrospective chart audits were completed. Adherence to dietary plan and blood glucose level data were collected and analyzed. In Weeks 1 and 9, the NPs administered the Diabetes Self-Management Questionnaire (DSMQ) and measured patients’ blood glucose levels.

Results: Results indicated that patients improved significantly in their diet choices and blood glucose levels ($p < .001$) from pretest (n=37 participants) to post-test (19 participants).

Conclusion: The education program which included teaching the family how to prepare meals that provided a balanced diet and an exercise program that all members of the family could engage in, was effective in assisting DM2 patients to manage their diabetes. Clinic education sessions, with the patient and family members present, and which included the teach-back-method, proved to be successful for this patient population. By changing their eating habits and food choices, exercising for 30 minutes five times a week, and consistently taking their prescribed medication regimen every day at the same time, the findings were statistically significant. Lab values revealed normal blood glucose levels sustained over a 3-month period, decreased body mass index (BMI), and weight loss. Patients were seen for follow-up visits at 3 and 6-month intervals. Education sessions were ongoing with the inclusion of family members. Implications for nursing practice included NP Spanish lessons, consistent use of the teach-back-method, and cultural competency education compliance for caregivers.
Title:
Making Connections: Implementing the National Diabetes Education Program to Improve Diabetes Management in Hispanic Patients

Keywords:
Cultural competency in patient care, Diabetes type 2 in Hispanic populations and Education using the teach-back-method

Abstract Summary:
Diabetes mellitus type 2 (DM2) is an ever-increasing chronic disease among Hispanic patient populations. Evidence-based practice has shown that DM2 can be managed with lifestyle changes; diet, and exercise. This project's goal was to have a consequential positive and empowering impact on the health of Hispanic families through education.

References:
Author Summary: Dr. Adriana Bentum-Tilus is a graduate of Florida Southern College, and a recent graduate of Chamberlain College of Nursing doctoral program. She is a Family Nurse Practitioner who advocates for care of the under-served populations. Dr. Tilus has cared for patients with chronic diseases, incarcerated patients and patients with mental health illnesses.

Author Summary: Carrie Risher is a graduate of the University of South Florida, where she graduated with an MA degree in Adult Education. She holds an MSN and DNP degree in nursing. She is a 28 years nurse with experience as an Education Specialist and Manager of Hospital Education. Carrie is currently full-time faculty at Florida Southern College, her Alma mater, she is an Assistant Professor and Program Coordinator of the RN-BSN degree completion program.

Author Summary: Dr. Beverley Brown is a 1990 graduate of the University of South Florida MS program with a major in nursing and a minor in education. She completed her Doctorate of education degree in 2001 at Nova. She worked in the Polk County Health Department, as a FNP, for 12 years. She led the effort to establish three indigent clinics in Polk County Florida. She is the director of the MSN program at Florida Southern College.