

Capstone Project: Diabetes II Barriers

Affiliation

Date

Introduction to the Problem

Diabetes is a lifestyle disease which mostly affects the method in which the individual body can handle glucose level in the blood. There are more than 27 million people diagnosed with Type 2 diabetes in the United States, and there are also more than 86 million people who are suspected to experience pre-diabetes challenges. The symptoms related to Type 2 diabetes include blur vision, hard to heal wounds, feeling worn out, and always thirsty. Among the most common causes is the issue of poor diet where people in the united states often overeat of highly processes red meat, saturated fats, and sugary food content thus putting them to a higher risk of the condition (Rodriguez-Saldana, 2019). Several strategies have been put in place to prevent and manage the situation, like eating the right type of food or avoiding taking highly processed red meat, carbs, and saturated fat.

Context of Poor Type 2 diabetes diet

Unlike type 1, Type 2 Diabetes has often been associated with the individual genetic links; this means that most of the time it will tend to run in the families due to the fact that there are several genes which are related to the Type 2 diabetes. However, in this paper, I will be looking at the issue of proper diet and healthy lifestyle habits which ensure positive management of diabetes in addition to medication. As has been observed, proper self-management of diabetes, especially on Type 2, has helped manage the condition and other areas of the patient's life (Rodriguez-Saldana, 2019). This paper looks at the level of understanding of the disease among the American population and how proper self-management can help reduce the risk factors like high-fat levels, high blood pressure,

high alcohol intake, sedentary lifestyle or obesity. The paper will also look at the issue of social and age factors as it has been found that African Americans, Native Americans and Asian Americans including Hispanics often have a high risk of developing Type 2 diabetes, unlike the non-Hispanic whites. Age factors are also a risk factor where diabetes is said to rise at about 45.

Problem description

Even though various diabetes guidelines recommend that the patient should be put in medication, the nutritional factors and changes in the lifestyle has not always been followed by many. Also, there are few nurses trained in nutrition as part of the intervention, which is also a barrier to the provision of counseling. Also, when talking to patients regarding nutrition, most people find this to be time-consuming (Zanini, 2018). In various environments outside the specialized diabetes centers where people can get educators and nutrition's are available, the training or advice regarding nutrition is mostly given to patients in terms of the print. Unfortunately, most of them do not follow up.

Impact of the Problem

Due to poor education on diabetes diet management, the situation continues to be worse in resources that have poor setting if type 2 diabetes has been diagnosed, was patients will mostly leave the clinic only with a list of new medication and nothing else. There are different variations observed with the use of dietary modification alone in diabetes two management. Also, if patients are treated regarding their lifestyle, management is still a challenge as compared to those treated with medication. Even though systems have been put in place, the impact of the diet problem is still alarming, as most patients have continued to neglect dietary information; thus it becomes challenging to control glycemia in the body. It is

also up to families and doctors to have a routine collection of information, even though it remains a challenge to do it (Zanini, 2018). Most Americans do not accept the idea of being on a diet for a lifelong chronic diabetes two management which has continued to put many people off as they cannot maintain a systematic evidence-based approach to the management of diabetes 2 through diet, thus seeing more people developing to the worst-case scenario.

Significance

Due to poor management of diet among individuals with Type 2 diabetes, it has become difficult for the country to contain the increasing population of people living with diabetes. The issue of food and diabetes management needs to be incorporated as part of continued care (Chawla, 2019). This study will also see to it that new graduate nurse is trained well enough to ensure that there is continued education for diet management thus ensuring that patients with type 2 diabetes can sustain their glucose levels and reduce being in risky situations.

Solution

The best solution for the above issue is to ensure that there is the implementation of diabetes self-management education among patients visiting the hospital. There also need to be an increased number of nurses trained in diabetes self-management so that each number of patients are assigned a nurse to keep them through the diet habit and not only being provided with pamphlets (Chawla, 2019). ‘

References

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