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A Diabetes Crash Course in a Primary Care Setting to Improve Diabetes Self-Care: A Pilot Project

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A Diabetes Crash Course in a Primary Care Setting to Improve Diabetes Self-Care: A Pilot
Project

Submitted in partial fulfillment of the requirements for the degree of Doctor of Nursing Practice
at Eastern Kentucky University

By

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Abstract

Diabetes (DM) is a deadly disease affecting millions. Lack of proper DM self-care management can lead to numerous complications and even death. The American Diabetes Association (ADA) recommends lifestyle change as a first-line treatment along with diabetes self-management education (DSME). However, according to the Centers for Disease Control and Prevention (CDC) only a fraction of those diagnosed attend. The purpose of this project was to improve DM self-management behaviors following a patient focused unique DMSE designed to meet community needs. A customized crash course style DM educational session was offered to all DM patients in a rural primary care clinic. The Diabetes Self-Management Questionnaire (DSMQ) was utilized to assess mean DM self-management changes within four sub-categories and self-management sums using a pre-post intervention design. Paired *t* tests reveal a statistically significant change in glucose management ($p = 0.13$) among six voluntary participants. All other measures found no statically significant change. Although small, this change supports use of brief DMSE to improve DM self-management practices.

Keywords: Diabetes (DM), American Diabetes Association (ADA), American Association of Diabetes Educators (AADE), Chronic Care Model (CCM), Diabetes Self-Management Education (DSME), Plan-Do-Study-Act (PDSA), Diabetes Self-Management Questionnaire (DSMQ)