

Identifying Type II Diabetics and interventions

Diabetes is one of the top seven chronic diseases in the United States; interventions from the nursing metaparadigm, including nursing, person, environment, and health, are just four different avenues to control your blood sugar. (CDC, 2022) Nursing refers to interventions that directly affect the patient from the nurse. The person aspect refers to the recipient in the nursing care. The environmental aspect refers to the community's characteristics that influence the person. The health aspect refers to the holistic level of wellness of the person. Type II diabetes serves as a result of risk factors as opposed to type I.



Who is the diabetic?

RNs can perform the following tests:

Impaired fasting blood glucose range: 100-125 mg/dL (5.7-6.4 mmol/L)

- Normal: 72 to 108 mg/dL (Mathew et al., 2023)
- This test is done when the patient fasts for 8-16 hours prior.

Impaired HbA1c: $x > 6.5\%$

- Prediabetes: 5.7%-6.4%
- Normal: 3.5%-5.6%
- HbA1c measures the average blood glucose in the past 120 days. (Mathew et al., 2023)

What is the health of the diabetic?

Risk factors: (Roglic, 2016)

- High body fat percentage
- High sugar and fat intake
- Obesity
- Physical inactivity
- Smoking

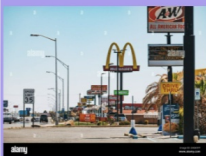
RNs provide education:

- Decrease BF percentage
- Decrease sugar and fat intake
- Maintain healthy BMI (18.5-24.9)
- Exercise regularly
- Stop smoking



What is the environment of the diabetic?

- Lack of accessibility to full-service restaurants and grocery stores.
- Higher accessibility to fast food and convenience stores.
- Lack of affordability; healthier foods are more expensive than unhealthy ones.
- Lack of walkability in cities. (Hill-Briggs et al., 2020)

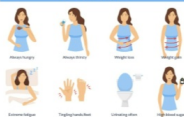


Public health RNs recognize these risks!

What are the nursing actions for the diabetic?

- Provide patient education: (Goyal, 2023)
 - Healthy dietary intake
 - Activity recommendations
 - Coaching on medication regimen
 - Recognize symptoms of low blood sugar
- Identify complications: (Goyal, 2023)
 - Skin for wounds
 - Retinal damage
 - Signs of peripheral neuropathy

DIABETES SYMPTOMS



References:

- CDC. (2022, December 13). Chronic diseases in America. Centers for Disease Control and Prevention. <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>
- Goyal, R. (2023, June 23). Type 2 diabetes (nursing). StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK568737/#:~:text=Nursing%20management%20also%20includes%20assessing,prescribed%20medication%20regimen%20as%20needed.>
- Hill-Briggs, F., Adler, N. E., Berkowitz, S. A., Chin, M. H., Gary-Webb, T. L., Navas-Acién, A., Thornton, P. L., & Haire-Joshu, D. (2020). Social Determinants of Health and Diabetes: A Scientific review. Diabetes Care, 44(1), 258–279. <https://doi.org/10.2337/dci20-0053>
- Mathew, T. K., Zubair, M., & Tadi, P. (2023, April 23). Blood glucose monitoring. StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK555976/>
- Roglic, G. (2016, June). Who global report on diabetes: A summary: International Journal of noncommunicable diseases. WHO Global report on diabetes. https://journals.lww.com/ijnc/fulltext/2016/01010/WHO_Global_report_on_diabetes__A_summary.2.aspx