



Jacinta Anuna

DNP, APRN, FNP-C

Nurse Practitioner

Implementing a Nutritional Education Program for Type 2 Diabetes Mellitus Patients

PURPOSE

The purpose of this quality improvement project was to implement a pilot nutritional program at a Houston urban clinic setting to improve self-perceived nutritional knowledge of T2DM diabetes patients and behavior by 10% of pre-intervention baseline at three months post-intervention.

BACKGROUND

The project was implemented at an urban clinic private practice setting in Houston Texas owned by a physician, board Certified in Internal Medicine. The physician cares for patients with various acute and chronic ailments including type 2 diabetes mellitus.

METHODOLOGY

The Revised Michigan Diabetes Knowledge Scale-True/False Version questionnaire was used to measure pre and post- diabetes nutrition knowledge of T2DM patients during the four weeks intervention. Supportive follow-up phone calls questionnaire was carried out at 2, 6, and 10 weeks period. The Plan-Do-Study-Act quality

improvement methodology was utilized to implement changes to the program.

RESULTS

Out of (n=54,100%) who presented to the clinic, (n=12, 22%) of T2DM patients' participated in the intervention which was less than the expected goal of 70%. Ten T2DM patients participated in the supportive follow-up phone calls at 2, 6, out of (n=12, 22%) who participated in the program and all significantly answered yes to all six questions which was encouraging and demonstrated high level of engagement.

IMPLICATIONS

Future research is needed to identify intervention approaches that address barriers to integrating nutritional education programs in primary clinic settings. The incorporation of nutrition education health care specialist and diabetes education specialist referrals into the clinic standard protocol can be considered. Multiple evidence points to lack of time and nutritional training among clinic medical staff and physicians as chief barriers in carrying out effective nutrition education at the primary care settings.