

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 102-Nursing Care of Adults
Research Paper: Topical Outline Template

1. **Title of the paper:** Understanding the Impact of Type II Diabetes in the Community
2. **Thesis Statement:** Type II diabetes is an elaborate disease to explore for the community to understand its importance, preventative measures, management strategies, and the critical role of the nurse.
3. **Introduction:**
 - a. Key points/ background information
 - i. Prevalence of diabetes has been consistently growing worldwide
 - ii. Metabolic disorder that is displayed by the lack of insulin production and insulin resistance
 - iii. Has become a high-priority condition in the healthcare system
 - b. Thesis Statement
 - i. Type II diabetes is an elaborate disease to explore for the community to understand its importance, preventative measures, management strategies, and the critical role of the nurse.
4. **Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Discuss what insulin does and how it is impacted in type II diabetes
 2. Risk factors
 3. Common signs and symptoms
 - ii. Significance of the topic
 1. Onset age is decreasing and becoming common in teens and children
 2. Slow progression of symptoms, can go unnoticed
 3. Effective management is essential to prevent severe complications
 - iii. Statistical information
 1. More than 38 million Americans have diabetes and 90-95% of them have type 2 diabetes (CDC) [Type 2 Diabetes | Diabetes | CDC](#)
 2. Every year, an estimated 6,000 adults in Delaware are diagnosed with diabetes (ADA) [adv 2025 state fact sheets 2 3 25 final-de.pdf](#)
 3. 8.7 million adults aged 18 years or older who met laboratory criteria for diabetes were not aware of or did not report having diabetes (CDC) [National Diabetes Statistics Report | Diabetes | CDC](#)
 - iv. If left untreated how would this affect the nursing community?

1. Nurses need to provide client education to manage disease
2. Increase in client hospitalizations with severe complications (vision alterations, neuropathy)

b. Risk Reduction/ Treatment of the Problem

- i. Prevention
 1. Lifestyle modifications
 2. Pharmacologic therapies to minimize progression of hyperglycemia
 3. Adding screenings to regular physician checkups
- ii. Screening
 1. Hemoglobin A1C levels
 2. Oral glucose tolerance test
 3. Fasting plasma glucose test
- iii. Treatment
 1. Nutritional recommendations/exercise
 2. Blood sugar monitoring/alternatives for finger sticks
 3. Medication administration
- iv. What is the impact this research has on patient care?
 1. Highlights signs and symptoms to look out for to receive medical attention
 2. Nurses can become more competent in providing education
 3. Improve the quality of life for people with type II diabetes

c. Teaching

- i. 2 learning objectives for the learner
 1. The learner will be able to list at least 3 preventative measures for type 2 diabetes
 2. The learner will be able to discuss the steps on how to use a glucose meter for self-monitoring
- ii. Teaching strategies/ methods you will utilize
 1. Questionnaire about common signs and symptoms
 2. Case studies
 3. Teach back and demonstration about blood glucose monitoring
- iii. Teaching tools you will utilize
 1. Visual aids (charts of statistics/trifold poster)
 2. Informational pamphlets
 3. Interactive game for the community

5. Conclusion

- a. Summarize the main points of the paper
 - i. Type II diabetes is high-priority concern that should be addressed
 - ii. Manageable and preventable disease if treated correctly and effectively
 - iii. Patient education can be used to improve the health of the general community
- b. How does this information apply to evidence-based nursing practice?

- i. Prioritizes risk assessments and screenings
 - ii. Reduction of patient complications
 - iii. One of the main nursing treatments is patient education
- c. What is the importance of this paper?
 - i. Highlights the role that nurses play to provide patient-centered care to individuals with the disease
 - ii. Provides information to the community about significant health concerns
 - iii. Promote health recommendations to improve the health of the community