

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

- 1. Title of the paper: Managing Type 2 Diabetes: Prevention, Treatment, and Community Impact**
- 2. Thesis Statement: Type 2 diabetes management requires clinical care, community programs, and education to improve outcomes and prevention across diverse populations.**
- 3. Introduction:**
 - a. Key points/ background information
 - i. Type 2 diabetes causes numerous systemic complications including heart disease, stroke, kidney failure, and vision loss.
 - ii. When Type 2 Diabetes affects the pancreas, it impairs insulin production and utilization, leading to chronically elevated blood glucose levels that damage blood vessels and organs.
 - iii. Causes are multifactorial. Metabolism, behavioral, lifestyle, and environmental factors contribute to the development of type 2 diabetes in people who are at high risk or genetically predisposed.
- 4. Thesis Statement: Type 2 diabetes management requires integrated medical care, community support, and education to improve patient outcomes and reduce health disparities across communities.**
- 5. Body of the paper:**
 - i. Overview of the problem (3)
 1. Increasing prevalence in low-income communities
 2. Complex disease management requirements
 3. Significant burden on healthcare systems
 - ii. Significance of the topic (3)
 1. Major public health concern affecting multiple body systems
 2. Preventable through lifestyle modifications
 3. Impact on healthcare resources and nursing workload
 - iii. Statistical information (3)
 1. over 37.3 million Americans have diabetes, with Type 2 diabetes accounting for 90-95% of all cases. Among adults aged 18 years or older, 11.3% of the population are diagnosed with diabetes.
 2. diagnosed diabetes costs \$327 billion annually in the US, including \$237 billion in direct medical costs and \$90 billion in reduced productivity.

3. lifestyle interventions can reduce the risk of developing type 2 diabetes by 58% in high-risk adults
- iv. If left untreated how would this affect the nursing community?
 1. Increased Workload and Burnout
 2. Increased need of additional resources

b. Risk Reduction/ Treatment of the Problem

- i. Prevention
 1. Smoking Cessation
 2. Weight Management
 3. Increased Physical Activity
- ii. Screening
 1. Regular Blood Glucose Testing
 2. Risk Assessment
 3. HbA1c monitoring
- iii. Treatment
 1. Lifestyle Modification
 2. Regular Monitoring and follow-up
 3. Medication Management
- iv. What is the impact this research has on patient care?
 1. Better health outcomes through targeted community programs
 2. Reduced complications and hospitalizations
 3. Enhanced patient education and self-management skills

c. Teaching

- i. 2 learning objectives for the learner
 1. Understand the key risk factors, prevention strategies, and management approaches for Type 2 Diabetes
 2. Demonstrate knowledge of effective community-based interventions and resources available for diabetes prevention and management
- ii. Teaching strategies/ methods you will utilize
 1. Case Studies
 2. Teach back topics of glucose monitoring
 3. Questionnaire
- iii. Teaching tools you will utilize
 1. Interactive Games
 2. Visual Aid/ Board
 3. Pamphlet

6. Conclusion

- a. Summarize the main points of the paper
 - i. Type 2 diabetes management requires a comprehensive approach combining lifestyle modifications, medication adherence, and regular monitoring
 - ii. Community-based interventions and culturally sensitive education programs show promising results in reducing health disparities
 - iii. Early intervention and prevention strategies demonstrate significant cost savings and improved patient outcomes
- b. How does this information apply to evidence-based nursing practice?
 - i. Enhanced patient education protocols
 - ii. Strengthened community health initiatives
 - iii. Improved screening and prevention programs
- c. What is the importance of this paper?
 - i. Addresses healthcare disparities in diabetes care
 - ii. Emphasizes prevention and early intervention benefits
 - iii. Provides framework for reducing care inequities