

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

1. **Title of the paper: Type 2 Diabetes in The Community**
2. **Thesis Statement: Type 2 diabetes is a complex disease in many communities that is difficult to understand how it affects the population due to lack of information, harm of other comorbidities, and low access to resources which affects how the nursing professions aims their treatment.**
3. **Introduction:**
 - a. Key points/ background information
 - i. Type 2 diabetes can be undiagnosed for many years owing to gradual development of hyperglycemia over time
 - ii. Type 2 diabetes mellitus is a metabolic disease in which hyperglycemia results from insulin resistance and reduced insulin.
 - iii. Type 2 diabetes quickly growing in communities
 - b. Thesis Statement
 - i. **Type 2 diabetes is a complex disease in many communities that is difficult to understand how it affects the population due to lack of information, harm of other comorbidities, and low access to resources which affects how the nursing professions aims their treatment.**
4. **Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Diabetes has yet to recognized as its own public health issue even with how common it is/rising
 2. Frequently occurs with other comorbid conditions that influence its course, complications, and treatment
 3. Healthcare availability to treat type two diabetes, low income
 - ii. Significance of the topic
 1. Type 2 diabetes is an economic burden and high in cost to maintain
 2. If not managed properly, can lead to more serious health conditions
 3. Rising prevalence in communities and need more health interventions to promote how to fight against type 2 diabetes
 - iii. Statistical information
 1. Approximately 29 million Americans are diagnosed with diabetes, most with T2DM, representing 11.3% of the US population and about 13% of adults (link)

2. Type 2 diabetes most often develops in people 45 or older, but more and more children, teens, and young adults are also developing it (ADA)
3. Of the 38.4 million adults with diabetes, 29.7 million were diagnosed, and 8.7 million were undiagnosed (ADA)
- iv. If left untreated how would this affect the nursing community?
 1. Increase in patient complications need for more nurses
 2. Nursing community advocating for more resources

b. Risk Reduction/ Treatment of the Problem

- i. Prevention
 1. Regular exercise
 2. Healthy diet
 3. Maintain healthy weight
- ii. Screening
 1. Hemoglobin A1C
 2. Fasting plasma glucose test
 3. Oral glucose tolerance test
- iii. Treatment
 1. Glucose monitoring
 2. Pharmacotherapy (medications and insulin)
 3. Diet
- iv. What is the impact this research has on patient care?
 1. More targeted medications
 2. Better understanding of how diabetes affects a patient
 3. Increased information to provide patient education

c. Teaching

- i. 2 learning objectives for the learner
 1. Control of glycaemic control. Monitor blood glucose levels
 2. Medication adherence and treatment
- ii. Teaching strategies/ methods you will utilize
 1. Case studies
 2. Teach-back of topics discussed or glucose monitoring
 3. Questionnaire on T2D
- iii. Teaching tools you will utilize
 1. Visual aid/poster
 2. Informational pamphlets
 3. Interactive game

5. Conclusion

- a. Summarize the main points of the paper
 - i. Unmanaged diabetes can lead to more health issues, vice versa
 - ii. Recognizing type two diabetes rising in communities
 - iii. Ability to teach and prevent the population on type two diabetes and promote awareness
- b. How does this information apply to evidence-based nursing practice?

- i. More cases of diabetes are associated with other illnesses/ recognize s/sx in pts
 - ii. Better routes of treatment
 - iii. Educating pts different ways to aid in preventing type two diabetes and decrease risk
- c. What is the importance of this paper?
 - i. Teach the population how to recognize risk for type two diabetes
 - ii. Understand how the nursing community is affected by type two diabetes
 - iii. How to direct treatment as a nurse to people in the community facing different challenges

References (for me currently to try and stay organized)

[Diabetes Mellitus Type 2 in Adults - ClinicalKey](#)

[Management of Type 2 Diabetes Mellitus: Synopsis of the Department of Veterans Affairs and Department of Defense Clinical Practice Guideline - ClinicalKey](#)

[Diabetes Distress in Adults Living With Type 1 and Type 2 Diabetes: A Public Health Issue - ClinicalKey](#)

[The Current Evidence for Vegetarian and Vegan Diets in the Management of Type 2 Diabetes - ClinicalKey](#)

[PCR241 Behavioral Economics-Based Financial and Social Incentives for Weight Loss in Newly Diagnosed Type 2 Diabetes: A Randomized Control Trial - ClinicalKey](#)

[Diabetes Distress in Adults Living With Type 1 and Type 2 Diabetes: A Public Health Issue - ClinicalKey](#)

[Fasting-mimicking Diet in type-2 Diabetes Reduces Myocardial Triglyceride Content - ClinicalKey](#)

[Weight stigma and diabetes stigma in U.S. adults with type 2 diabetes: Associations with diabetes self-care behaviors and perceptions of health care - ClinicalKey](#)

[It's time to tackle the growing diabetes pandemic - ClinicalKey](#)