

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

1. **Title of the paper:**
  
2. **Thesis Statement: Type 2 diabetes presents a significant global health challenge, requiring a comprehensive approach that combines preventative measures and public health interventions to manage and reduce its growing prevalence.**
  
3. **Introduction:**
  - a. Key points/ background information
    - i. The body's cells do not respond properly to insulin
    - ii. Key signs and symptoms of type 2 diabetes
    - iii. Risk factors to increase type 2 diabetes
  - b. Thesis Statement
    - i. Type 2 diabetes presents a significant global health challenge, requiring a comprehensive approach that combines preventative measures and public health interventions to manage and reduce its growing prevalence.
  
4. **Body of the paper:**
  - a. **Statement of the Problem**
    - i. Overview of the problem
      1. Effects over half of the population
      2. Some people don't have the financial resources for care
      3. Misconceptions about diabetes
    - ii. Significance of the topic
      1. Providing more information can help decrease the numbers
      2. Providing information can help pre-diabetics know what changes to make to prevent diabetes
      3. Providing information about proper care can help with prevention of complications
    - iii. Statistical information
      1. Over 38 million adults and children have diabetes in the united states (90-95% are type 2)
      2. The national cost of diabetes in the US in 2022 was 412.9 billion dollars
      3. 1.2 million adults over the age of 18 was diagnosed with type 2 diabetes in 2021
    - iv. If left untreated how would this affect the nursing community?
      1. Nurses may encounter more complex health issues when treating patients
      2. Nurses may need to provide additional emotional support for patients

**b. Risk Reduction/ Treatment of the Problem**

- i. Prevention
  - 1. Eat a balanced, portion controlled diet
  - 2. Stay active throughout the day
  - 3. Maintain a healthy weight
- ii. Screening
  - 1. Fasting blood glucose test
  - 2. Oral glucose tolerance test
  - 3. Hemoglobin A1c test
- iii. Treatment
  - 1. Lifestyle changes (diet and exercise)
  - 2. Medications (insulin, oral hypoglycemics)
  - 3. Regular check-ups
- iv. What is the impact this research has on patient care?
  - 1. May help with better management
  - 2. Education on better preventative measures
  - 3. Prevent complications that can result from Type 2 diabetes

**c. Teaching**

- i. 2 learning objectives for the learner
  - 1. Understand the risk factors of type 2 diabetes
  - 2. Effective prevention strategies
- ii. Teaching strategies/ methods you will utilize
  - 1. How to read food labels
  - 2. Tools that make it easier to track personal blood sugar
  - 3. How to properly use glucometer
- iii. Teaching tools you will utilize
  - 1. Pamphlets
  - 2. Sample plate portions
  - 3. Sample exercise plans

**5. Conclusion**

- a. Summarize the main points of the paper
  - i. Type 2 diabetes continues to grow throughout the US
  - ii. If left untreated diabetes can effect many other body systems
  - iii. Prevention and correct management is treatment for type 2 diabetes
- b. How does this information apply to evidence-based nursing practice?
  - i. Nurses will know how to properly educated newly diagnose patients
  - ii. Nurses will know what resources to provide patients with
  - iii. Nurses will know signs and symptoms of complications due to diabetes
- c. What is the importance of this paper?
  - i. Education on prevention to decrease diagnosis in US
  - ii. Education on proper management to prevent complications
  - iii. Providing resources to financially challenged

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