Type 2 Diabetes: A Global Health Crisis

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Type II diabetes is a chronic metabolic disorder characterized by insulin resistance. In this disorder, the body either does not produce enough insulin or cannot effectively use the insulin it does produce, leading to hyperglycemia. Three key signs and symptoms of Type II diabetes are polydipsia, polyphagia, and polyuria. There are also a few other indicators that a person could be living with Type II diabetes; this includes blurred vision, numbness and tingling in hands or feet, and fatigue. Obesity, a family history of T2DM, and a sedentary lifestyle can increase an individual's chance of developing Diabetes. Type II 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.

Statement of the Problem

Type II diabetes affects over half of the population in the United States. It has become increasingly common worldwide, affecting individuals across different age groups. According to the American Diabetes Association, over 38 million adults and children have Diabetes in the United States, 90-95% have type 2. In 2021, 1.2 million adults over the age of 18 were diagnosed with type 2 diabetes, which is a significant increase from previous years. Financial resources can be a problem when properly managing this disease. According to the American Diabetes Association, people spend an average of $12,022 in medical expenses related to Diabetes. The cost of maintenance for this disorder can be substantial and put an economic strain on people who do not have the financial means for care. Most people do not present to a healthcare provider for T2DM until a complication is developed. Leading to nurses having to encounter more complex issues like unhealing wounds and reoccurring infections that are not being cured by antibiotics. "Strikingly, 21.4% of US adults with diabetes or 2.8% of US adults had

undiagnosed diabetes" (Daun et al., 2021). Early detection is crucial for the effective management of this disease and for preventing complications such as kidney disease, cardiovascular disease, and diabetic retinopathy. Untreated T2DM can put a strain on patients and the nursing community. Nurses can encounter more complex health issues like unhealing wounds, and reoccurring infections that are not being cured by antibiotics, leading to more extended hospital stay for the patient. Unhealing wounds can also lead to possible amputation, which may lead to nursing staff providing additional emotional support to patients. Providing proper education about preventative measures or proper care for patients who have already been diagnosed can aid in a decrease in overall cases, but also a decrease in the number of complications.

Risk Reduction/ Treatment of the Problem

. The number one treatment for Type II diabetes is prevention. Maintaining a healthy weight is one of the most effective ways to prevent T2DM. "Obesity is a key modifiable risk factor for the development of diabetes, with 90% of adults with T2DM classified as overweight or obese" (Grant et al., 2021). Losing weight can improve the body's ability to use insulin effectively, lowering blood sugar levels. Portion-controlled, well-balanced meals can play a major role in losing or managing a healthy weight. Lean protein, vegetables, healthy fats, and whole grains can support weight loss and promote blood glucose balance. Diet and exercise are significant contributors to preventing and managing diabetic individuals. Screenings in people more prone to developing Diabetes should also be assessed. It is recommended that people who have a family history of Type II Diabetes or are pre-diabetic should be screened with a Hemoglobin A1C test and or a fasting blood glucose test. "Prediabetes is associated with a high

risk of progression overt T2DM" (Daun et al., 2021). Knowing A1C levels can gauge if someone

is pre-diabetic and help with possible reversal through lifestyle modifications. Treatment for

Diabetes is insulin and oral medications that help regulate blood sugar and changes in eating

habits. Cutting back on sugary and processed foods is crucial to managing T2DM. Meal planning

and using a smaller plate can ease the process of changing dietary habits when diagnosed with

Type II Diabetes. Attending regular check-ups and discussing concerns with a PCP can help with

better management for a person who has this disorder.

Teaching

Teaching points for T2DM are risk factors and effective preventive measures. Handing

out pamphlets to the community will allow them to read about what can make a person

susceptible to Diabetes and how to incorporate lifestyle changes to stop the development or

worsening of Diabetes. Having them engage in activities by learning how to read food labels can

teach them which foods are better to eat. Displaying the sugar contents of common foods can

also be a successful way to teach what foods should be eaten to help with blood sugar. Providing

a sample plate of portions or references from myplate.gov can educate on portion control. The

community can be more informed about T2DM by providing teaching and interactive activities.

Conclusion

Type II diabetes continues to grow throughout the US at alarming rates. If left untreated,

this disease can affect multiple body systems, leading to more extended stays in the hospital.

Nurses and the healthcare community can help decrease these numbers by being early identifiers

and implementing diabetic referrals for patients who need them. With the correct resources,

patients will know how to manage and prevent Diabetes correctly. Early detection will decrease

the number of complications, and education on preventative measures will decrease the number

of people who are being diagnosed.

References

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