

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

1. **Title of the paper: Living with Type II Diabetes: A Community Guide to Health**
2. **Thesis Statement: Type 2 Diabetes is a challenging diagnosis, but with proactive management, education, and healthy lifestyle changes, individuals can take back control of their health, reduce complications, and improve their overall quality of life.**
3. **Introduction:**
 - a. Key points/ background information
 - i. Brief explanation on Diabetes
 - ii. Prevalence of type 2 diabetes
 - iii. Why it matters in today's society
 - b. Thesis Statement
 - i. **Type II Diabetes is a challenging diagnosis, but with proactive management, education, and healthy lifestyle changes, individuals can take back control of their health, reduce complications, and improve their overall quality of life.**
4. **Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Why there is an increasing prevalence of Type 2 Diabetes
 2. Lack of education and resources available to the community
 3. Complications if left untreated
 - ii. Significance of the topic
 1. Preventable complications through early detection and proper management
 2. Long-term impact on quality of life
 3. Associated co-morbidities and mortality related to Type 2 Diabetes
 - iii. Statistical information
 1. Millions diagnosed with Type 2 Diabetes (Ahmed et al., 2024)
 2. Comorbidities associated with Type 2 Diabetes
 3. Rising mortality rates linked to Type 2 Diabetes in the United States (Ahmed et al.,2024)
 - iv. If left untreated how would this affect the nursing community?
 1. Increased rates of chronic complications/conditions
 2. Increased demand for patient education and long-term management
 - b. **Risk Reduction/ Treatment of the Problem**
 - i. Prevention

1. Proper education on diagnosis/causes of Type 2 Diabetes (ADA, 2024)
2. Non-modifiable versus modifiable risk factors (ADA, 2024)
3. Implementing change on modifiable risk factors and adherence (Wang et al., 2021)
- ii. Screening
 1. Screening adults properly (USPTF, 2021)
 2. Use of fasting glucose, A1c, or oral glucose testing (USPSTF, 2021)
 3. Importance of early detection (USPSTF, 2021; ADA, 2024)
- iii. Treatment
 1. Weight management (ADA, 2024)
 2. Glycemic control targets (ADA, 2024)
 3. Lifestyle therapy and pharmacological management (ADA, 2024)
- iv. What is the impact this research has on patient care?
 1. Helps patients understand the disease and taking control of health
 2. Emphasizes lifestyle interventions as a primary prevention method
 3. Uses standardized treatment and protocols to reduce complications and mortality associated with Type 2 Diabetes

c. Teaching

- i. 2 learning objectives for the learner
 1. Identify 3 modifiable risk factors associated with Type 2 Diabetes
 2. Identify 3 prevention/management strategies for Type 2 Diabetes
- ii. Teaching strategies/ methods you will utilize
 1. Interactive discussion
 2. Teach-back method
 3. Opportunity for Q&A to reinforce key concepts
- iii. Teaching tools you will utilize
 1. Educational handouts/pamphlets for the learner to take with them
 2. Visual charts broken down meaningfully with simplicity
 3. Tri-fold poster with easily comprehensible information

5. Conclusion

- a. Summarize the main points of the paper
 - i. Identifying risk factors of Type 2 Diabetes
 - ii. Importance of early screenings and detection
 - iii. Lifestyle and therapeutic interventions for prevention and management
- b. How does this information apply to evidence-based nursing practice?
 - i. Clear patient education for understanding on risk reduction and self-management
 - ii. Implementation of ADA and USPSTF guidelines in clinical practice
 - iii. Advocacy for preventative care and community health initiatives
- c. What is the importance of this paper?
 - i. Educate communities properly and bring awareness to Type 2 Diabetes
 - ii. Educate readers to identify/utilize available resources to prevent/manage Type 2 Diabetes
 - iii. Support evidence-based nursing education

References

- Ahmed, M., Nofal, A., Shafiq, A., Javaid, H., Ahsan, A., Nadeem, Z. A., Ahmed, R., Alam, M., Mamas, M. A., Fudim, M., & Fonarow, G. C. (2025, March). *Rising mortality rates linked to type-2 diabetes and obesity in the United States: An observational analysis from 1999 to 2022*. *Journal of diabetes investigation*.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11871392/>
- Wang, C.-R., Hu, T.-Y., Hao, F.-B., Chen, N., Peng, Y., Wu, J.-J., Yang, P.-F., & Zhong, G.-C. (2022, February 19). *Type 2 diabetes-prevention diet and all-cause and cause-specific mortality: A prospective study*. *American journal of epidemiology*.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8895391/>
- Screening for prediabetes and type 2 diabetes: US Preventive Services Task Force recommendation statement | diabetes | JAMA | jama network. (n.d.).
<https://jamanetwork.com/journals/jama/fullarticle/2783414>
8. obesity and weight management for the prevention and treatment of type 2 diabetes: Standards of care in diabetes–2024 | diabetes care | american diabetes association. (n.d.-a).
https://diabetesjournals.org/care/article/47/Supplement_1/S145/153942/8-Obesity-and-Weight-Management-for-the-Prevention

