

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 II Diabetes: How Can Nurses Address the Growing Epidemic?
2. **Thesis Statement:** The rising prevalence of Americans suffering from type II diabetes can be largely attributed to a lack of education regarding proper nutrition, widespread food insecurity and the normalization of sedentary lifestyles.
3. **Introduction:**
 - a. Key points/ background information
 - i. What is type II diabetes (explanation, difference from type I)
 - ii. Why is it bad- brief overview of comorbidities
 - iii. Risk factors for type II diabetes (esp for Americans)
 - b. Thesis Statement
 - i. The rising prevalence of Americans suffering from type II diabetes can be largely attributed to a lack of education regarding proper nutrition, widespread food insecurity and the normalization of sedentary lifestyles.
4. **Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Affects tens of millions of Americans, continuing to increase despite med/tech advances
 2. High population of undiagnosed or poorly controlled people due to barriers related to social determinants of health (Hill-Briggs et al., 2020)
 3. Prevalence contributes to healthcare costs and preventable morbidity/mortality
 - ii. Significance of the topic
 1. One of the leading causes of death/disability
 2. Long term burden/stressor for patient + their support system
 3. Addressing root causes could prevent new cases and decrease expenses (for patient & system)
 - iii. Statistical information
 1. 40 million Americans- nearly 1 in 8 (Centers for Disease Control and Prevention, 2024)
 2. 90-95% of cases are type II (Centers for Disease Control and Prevention, 2024)
 3. Typically patients over 45, but steady rising rates of children/teens (Centers for Disease Control and Prevention, 2024)
 - iv. If left untreated how would this affect the nursing community?
 1. Higher rates of admissions for DKA and diabetic comorbidities

2. Greater need for chronic disease nurses + resources like would care, rehab, counseling, etc

b. Risk Reduction/ Treatment of the Problem

- i. Prevention
 1. YMCA Delaware's Diabetes Prevention Program + similar community education programs/events (YMCA of Delaware, n.d.)
 2. Implementing diet and exercise modifications
 3. Support with food security & nutrition education
- ii. Screening
 1. How to/why monitor blood glucose at home
 2. What is an A1c (why it matters), who to go to for monitoring
 3. Signs of prediabetes + how to get diagnosed and move forward with a plan
- iii. Treatment
 1. Ongoing self monitoring + insulin treatment + lifestyle modifications
 2. Coordinating multidisciplinary care
 3. Delaware Diabetes Coalition- transportation, emergency services fund, insurance support, etc (Delaware Diabetes Coalition, n.d.)
- iv. What is the impact this research has on patient care?
 1. Addressing social determinants of health for more holistic treatment
 2. Reducing the risk for rehospitalization
 3. Improving understanding in nurses to provide better patient education

c. Teaching

- i. 2 learning objectives for the learner
 1. Ability to identify modifiable risk factors (nutritional education, food insecurity, inactivity)
 2. Ability to describe both preventative and treatment measures that address patients as a whole- not just as a diabetic
- ii. Teaching strategies/ methods you will utilize
 1. Teach back method to check understanding
 2. Interactive discussion
 3. Case studies/real life scenarios
- iii. Teaching tools you will utilize
 1. Visual aids (charts, infographics)
 2. Physical handouts to take home (pamphlets)
 3. Demonstration tools (glucometer, models)

5. Conclusion

- a. Summarize the main points of the paper
 - i. Type II is a growing issue caused by modifiable risks and socioeconomic factors

- ii. Lack of education, food insecurity and sedentary lifestyle are heavy hitting contributors
 - iii. Nursing play an invaluable role in education, prevention, treatment, education, and ongoing management (Boocock, 2023).
- b. How does this information apply to evidence-based nursing practice?
 - i. EBP supports lifestyle counseling combined with patient education as effective interventions
 - ii. Nurses utilize research to provide care that maximizes patient outcomes
 - iii. Current evidence implementation allows for use of safest and most effective treatment
- c. What is the importance of this paper?
 - i. Highlights need/importance of nurses in diabetes management (Zhu et al., 2024)
 - ii. Highlights prevalence of diabetes and its widespread negative effects
 - iii. Discusses the importance of treating all aspects of a patient, not just their disease

References

Boocock R. C. (2023). Dietary management of adults with type 2 diabetes and the role of the nurse. *Nursing standard (Royal College of Nursing (Great Britain) : 1987)*, 38(3), 57–61. <https://doi.org/10.7748/ns.2023.e11960>

Centers for Disease Control and Prevention. (2024, May 15). *About type 2 diabetes*. <https://www.cdc.gov/diabetes/about/about-type-2-diabetes.html>

Delaware Diabetes Coalition. (n.d.). *Delaware Diabetes Coalition*. Retrieved February 19, 2026, from <https://www.dediabetescoalition.org/>

Hill-Briggs, F., Adler, N. E., Berkowitz, S. A., Chin, M. H., Gary-Webb, T. L., Navas-Acien, A., Thornton, P. L., & Haire-Joshu, D. (2020). Social Determinants of Health and Diabetes: A Scientific Review. *Diabetes care*, 44(1), 258–279. Advance online publication. <https://doi.org/10.2337/dci20-0053>

YMCA of Delaware. (n.d.). *Prevent diabetes*. Retrieved February 18, 2026, from <https://www.ymcade.org/preventdiabetes/>

Zhu, Y., Zhang, H., Xi, Y., Zhu, H., Lu, Y., Luo, X., Tang, Z., & Lei, H. (2024). The implication of diabetes-specialized nurses in aiming for the better treatment and management of patients with diabetes mellitus: A brief narrative review. *Diabetes Therapy*, 15, 917–927. <https://doi.org/10.1007/s13300-024-01558-x>

