

## **Identifying Risk Factors for Type 1 and Type 2 Diabetes**

**Instructions:** Please complete the following tasks. You have 30 minutes to work on this.

1. **Question:** What do you believe are the key differences in risk factors between Type 1 and Type 2 diabetes? Write your thoughts in a few sentences.
2. **Research Activity:** List at least three risk factors for Type 2 diabetes and explain how each factor contributes to the development of the disease.
3. **Critical Thinking:** Why is it important for nurses to educate patients about the risk factors of diabetes and what challenges might patients face in adhering to lifestyle changes. Write two to three sentences discussing the implications for patient care and health outcomes.
4. **NCLEX Question:** Write 3 NCLEX questions pertaining to patient educations of risk factors for type 1 and type 2 diabetes. The question needs to be a multiple- choice question with one correct answer and several distractors. Please be prepared to have a detailed rationale for each answer, explaining why it is correct and why the other options are incorrect. Email me your questions so we can display them in class.

**Reminder:** Be ready to share your ideas with a partner once you finish!