

Diabetes Mellitus: Literature Review

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The purpose of doing a literature review is for the researcher to become familiar with the information about their research topic, expand their knowledge on the subject if knowledge gaps are present, and develop a theoretical framework. In addition, a literature review allows the reader to visualize how the researcher's work contributes to current research and how it can introduce new perceptions on the topic (Houser, 2018). Diabetes mellitus is one of the top ten significant causes of death in the United States, and cases have doubled over the last twenty years. In fact, diabetes mellitus is one of the world's most significant health emergencies to date (CDC, 2020). Foods that typically cause diabetes, such as those high in sugar and carbohydrates, are satisfying and comforting. However, they are not ideal choices to promote a healthy lifestyle. Therefore, it is essential to develop a new mindset through education that promotes health and well-being by avoiding foods that can cause diabetes. Studies have shown that eating a wellbalanced diet low in sugar and carbohydrates can prevent subsequent life-threatening health conditions, such as kidney failure, blindness, or the threat of limb amputation (CDC, 2020). In addition to educating patients regarding food choices, it is also essential to teach diabetic patients about other ways to manage their diabetes, for example, through any type of physical activity, weight loss, and proper foot care, generally associated with diabetic neuropathy. With appropriate interventions and education on behalf of the healthcare team on managing or preventing diabetes mellitus, it is with great hope that the number of cases will decrease and not be one of the top ten causes of death in the United States in the years to come.

Effect of lifestyle interventions on diabetic peripheral neuropathy in patients with type 2 diabetes, result of a randomized clinical trial

Diabetic peripheral neuropathy is the most significant complication of diabetes that causes suffering for the patient. Due to a high level of pain, fall injuries, foot ulcerations, and

amputations experienced from diabetic peripheral neuropathy, the quality of life of the diabetic patient is significantly reduced (Ghavami et al., 2018). Therefore, lifestyle interventions must be implemented to avoid all of the problems associated with diabetic peripheral neuropathy. In this study, a total of 74 participants were split evenly into an intervention and control group. While the intervention group received individualized lifestyle counseling and care emphasizing lowering blood glucose levels, increasing activity, losing weight, and foot care, the control group did not receive individualized lifestyle counseling and care. Instead, the control group only received routine care and education (Ghavami et al., 2018). As a result, 37 of the participants in the intervention group who all reported severe neuropathy before receiving individualized care reported a decrease in the severity of their neuropathy, with 8 participants reporting moderate neuropathy, 18 reporting mild neuropathy, and 11 reporting an absence of symptoms. On the contrary, 37 of the participants in the control group previously reported different levels of neuropathy severity. Before receiving care, 15 of the participants experienced mild neuropathy. After receiving care, 7 of the participant's neuropathy severity did not change, while 8 of the participants reported that the severity of their neuropathy worsened to the point of moderate neuropathy. Before receiving care, 17 participants reported experiencing moderate neuropathy, and the severity of their neuropathy did not change after receiving care. In addition, 5 of the 37 participants experienced severe neuropathy before receiving care, and the severity did not 4 improve afterward (Ghavami et al., 2018). Thus, even though diabetic peripheral neuropathy can severely impede a patient's life, the study has proven that individualized care emphasizing lifestyle changes can significantly improve patient's lives by reducing neuropathic pain.

Key Points

By receiving personalized care, a patient's quality of life can be significantly improved by focusing on which negative lifestyle habits were affecting their health and by, in turn, making positive lifestyle changes. Therefore, the main focus of the study was to provide the participants with guidance and support to help them reduce their weight, increase daily activity, lower their blood sugar and adequately care for their feet. The study proved that by receiving individualized care and education, the participants in the intervention group greatly benefited from this more than the control group, who only received routine care and education. In addition, by receiving individualized care and education, the intervention group's neuropathy severity decreased. In contrast, the severity of the participant's neuropathy in the control group either remained the same or worsened. Before this study, the participants made poor lifestyle choices, such as smoking, living a sedentary lifestyle, and eating unhealthy foods. Still, because of positive changes made by receiving individualized care and education, 37 of the participant's health improved.

Assumptions

Receiving individualized care and education will always result in a better outcome for the patient's health. In this study, 37 participants with severe neuropathy were put into an intervention group to receive individualized care and education regarding improving their health. In comparison, the other 37 participants were in a control group that only received routine care and education. The participants in the control group reported that the severity of their neuropathy ranged from mild to severe before receiving care. As a result, all 37 participants who were part of the intervention group reported that their neuropathy had decreased to moderate or mild severity, or they experienced an absence of symptoms after receiving individualized care. In

contrast, the participants who were part of the control group either reported that the severity of their neuropathy did not change or had gotten worse. This study aimed to prove if receiving individualized care affected the participant's health positively over receiving routine care. As a result, this study confirms the author's assumption that if someone receives more individualized care, better health outcomes will result.

Deficit/Conclusion

Using non-pharmacological interventions for diabetic patients experiencing severe diabetic peripheral neuropathy can significantly reduce the severity of diabetic peripheral neuropathy while also promoting comfort instead of using medication. Utilizing non-pharmacological methods is also safer because prescribed medications can have side effects such as becoming dependent, leading to addiction. The author's line of reasoning is acceptable because common sense and research have proven that when a person is educated and given individualized instruction on how to improve their health, the results are satisfactory. In addition, patient compliance is a significant factor, and as long as they follow the healthcare provider's advice, their health will improve. After reading and understanding this study, common sense would imply that as long as a patient follows their individualized care plan, the results would be evident in that their health would improve. Conducting the same study on a larger sample of participants for a longer duration will prove that this reasoning line is accurate. If nursing fails to accept this line of reasoning, the implications could be detrimental to the quality of life for the diabetic patient. With the utmost importance, individualized health counseling and care without the sole use of medications should be utilized for diabetic patients experiencing neuropathy to provide a higher quality of life.

References

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