

(Title): Quality Improvement

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September 27, 2021

Whole Food Plant-Based Diets to Improve Health: Quality Improvement

The effectiveness of a whole food plant-based (WFPB) diet may create a healthy lifestyle, reduce obesity and other comorbidities such as cardiovascular disease and diabetes. Globally, an estimated 600 million adults are considered obese, and an estimated 1.9 billion adults are considered overweight in a study from 2014 (Wright et al., 2017). Overall, the purpose of the quality improvement was to see the benefit of healthy eating without a “fad” diet and continually keeping the weight off while improving medical conditions. Linking the quality improvement to competencies will show that data monitored the processes and outcomes to improve the quality and safety within the healthcare system. Individuals who followed this diet showed a decrease in cardiovascular risk factors and diabetes. Part of the Quality Safety and Education for Nurses (QSEN) is an organization that focuses on providing evidence-based practice education to patients while focusing on quality improvement (QSEN Institute, 2020). Patients should care about their overall health because it is proven to reduce the risks of mortality. If nurses focus on educating patients on the WFPB diet, they can help to reduce their morbidity and mortality. A study by Wright et al. (2017) aimed to investigate the underlying causes of cardiovascular disease and diabetes, which begin with healthy eating and reducing obesity.

Article Summary

Many individuals attempt to lose weight by adjusting their intake or trying a “fad diet,” however, these million-dollar weight loss programs fail to keep people accountable for healthy eating and proper weight loss. In one review of 48 trials, low carbohydrate and low-fat diets were deemed effective at the six-month mark, and participants lost nearly eighteen pounds

but quickly gained four pounds back by the twelve-month mark, according to the study done by (Wright et al., 2017). From the nursing point of view, this study set a benchmark and criteria, especially when handling obese cases with developed complications such as heart disease, diabetes. Fat removal does not mean protein reduction as mismanagement, in any case, would lead to mortality. For a professional Nurse, the evidence-based study carries immense importance in improving judgment and decisions. The overarching purpose of the Quality and Safety Education for Nurses (QSEN) initiative is to face the challenge of training future nurses with the knowledge, skills, and attitudes (KSAs) required to improve the quality and safety of the healthcare systems in which they operate. This quantitative research is the most effective tool for learning and understating practices in handling complications that may develop pre or post-treatment.

Introduction

Many individuals suffer from health problems which stem from obesity. In the nursing practice, treating the underlying cause of the problem will help create a solution to the problem. The WFPB diet is both high in nutrients and low in fat which can help individuals not only with weight loss in general along with exercise and stress reduction, but they can also treat other conditions such as heart disease and glycemic issues related to diabetes (Wright et al., 2017).

Overview

The purpose of the Quality and Safety Education for Nurses (QSEN) initiative is to face the challenge of training future nurses with the knowledge, skills, and attitudes (KSAs) required to improve the quality and safety of the healthcare systems operate. This type of quantitative research is the most effective tool in learning and understating practices in handling

complications that may develop pre or post-treatment. Measurement of quality is difficult due to the complexity of health care systems and service delivery, the unpredictable nature of health care, and professional differentiation and interdependence across doctors and systems. The study provided a diet chart set up much like a traffic light which notated the types of foods participants could consume, limit and avoid. With this type of measurement, the participants would know which foods were high in fat they should minimize in their diet and which foods were a healthier choice for them (Wright et al., 2017). Patients needed to discipline themselves on which foods they should consume and which foods they should avoid. The attribution variability associated with high-level cognitive thinking, discretionary decision making, problem-solving, and experiential knowledge is one of the obstacles in employing metrics in health care. With many weight loss programs, the participant does not have someone monitoring their food intake, which makes these programs problematic. Most of the therapies were for weight loss, with only one trial involving a multi-phase weight loss and maintenance intervention (Wright et al., 2017).

Sources for quality maintenance for productive outcomes involve a mix of goal-setting consultations, motivational interviewing or coaching, and lifestyle modification education.

Nutrition and physical activity education, as well as support services, were common interventions for this study. Other therapies included telephone counseling and supervision of scheduled physical exercise. The therapies lasted anything from six weeks to two years (Wright et al., 2017).

Quality Improvement

WFPB diet can improve participants' quality of life by lowering medication regimens that treat diseases such as diabetes and heart disease. By lowering these medications, participants can increase their quality of life (Wright et al., 2017).

Application to Nursing

Clinicians and healthcare workers strive to provide the best possible treatment for their patients in an increasingly complex, inefficient, and stressful environment. However, the structure, incentives, and culture of the system in which they work are frequently perhaps always insufficiently matched to support their attempts to prioritize patient needs. Patients and their families are significant drivers of the design and operation of the learning process in a learning health care system, which recognizes the importance of focusing on the patient. Many participants are busy with the everyday life of work, children, and extracurricular activities. Many times, there is no time for exercise. The WFPB diet focuses efforts on healthy eating and weight loss without exercise. Decreased physical exercise may be enticing for many participants due to their busy life schedules (Wright et al., 2017). Successful interventions include a fourteen-day preparation period where participants familiarize themselves with the WFPB lifestyle. Patients should provide any medications they were taking so that monitoring of medication regimens could occur. Many participants would slowly decrease dosages until the medications were no longer needed (Wright et al., 2017).

Practice

Monitoring of medications is the best practice for this type of diet. The reason would be that participants who may have diabetes, for example, may require insulin when their blood sugar shows a high reading. With the WFPB diet and healthy eating, a participant may be taking insulin for carbohydrate coverage, for example, and not consuming as many carbohydrates, which could place the patient in a higher or lower blood glucose state depending on their food consumption. The medications are an essential part of monitoring for participants of this diet.

Many participants who lose weight may require a smaller dosage of medications due to the weight loss or may not even require medications depending on the amount of weight they lose (Wright et al., 2017).

Education

When patients, their families, other caregivers, and the general public are fully engaged in their treatment, health, care experience, and financial results can all improve. Implementing these protocols would improve the quality of experiments in any domain of research. Also, it will follow the favorable outcomes for both nurse and patient safety. With any diet, many people need to be held accountable for their actions. Eating healthy is one way to either gain or lose weight, depending on the participant's discipline. The education piece for the WFPB diet includes a two-hour evening session twice weekly for twelve weeks (Wright et al., 2017). The discussion group keeps participants accountable for their actions within healthy eating.

Research

With enrollment, each participant also completes a series of questions. The questions measure self-perceived health status. Patients also fill out a diet and exercise recall form to track their food consumption and any exercise they participate in daily. With this information, participants were then weighed, measured along with current vital signs. Researchers then had a base of where each started their journey: new weight, measurements, and vitals assessment (Wright et al., 2017).

Conclusion

The article is about to investigate the weight loss journey without affecting any regular operation of the body using quality as a continuous learning process concerning the past and

present situations. Therefore, education and research are required to play their role in successfully implementing all the possible outcomes. Quality does not happen by accident; it requires forethought and should be a top objective of universal health coverage, alongside access, coverage, and affordability. With the WFPB diet, much research occurred before the actual participation began. Patients are interested in making lifestyle changes with weight and appearance but may not have the time to exercise at a gym. The WFPB diet can ensure that participants who maintain a healthy diet can lose weight without exercising at a gym daily. The lifestyle changes can not only lower one's weight, but they can also improve chronic disease risk factors such as heart disease and diabetes by either lowering medication regimens or discontinuing medications altogether (Wright et al., 2017).

References

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