

**Self-management of diabetes: Literature Review**

Morgan Wagner

Lakeview College of Nursing

Dr. Ariel Wright

11/05/21

### **Self-management of diabetes: Literature Review**

Diabetes is a disease that affects millions of patients every year in the US, with some of those patients are unaware they have the medical condition. Due to the significant impact of diabetes, patients must be appropriately educated with adequate skills and knowledge to maintain good health. If diabetes is unmanaged correctly, damage can occur to the heart, blood vessels, bladder, eyes, nervous system, and mental health (Nazario, 2020). Fortunately, hundreds of resources and aids help patients manage their condition with healthy eating, exercise, medications, and regular checkups (Nazario, 2020). To manage their diabetes appropriately, healthcare staff need to educate their patients with sufficient time and resources. Patients need information about the full effects of their illness, including competent management and manifestations of high and low blood sugar. Using literature review, researchers can identify and establish familiarity with and understand current research about a particular subject before conducting different investigations.

#### **Do patients value nutritional therapy? A quantitative study in type-2 diabetes patients**

Patients with type 2 diabetes tend to have higher adherence to pharmacological therapy than nutritional therapy or lifestyle change behaviors (Ezequiel et al., 2017). Time and time again, providers notice their patients valuing other types of interventions over nutritional therapy (Ezequiel et al., 2017). Because of this, this study aims to analyze the value that type 2 diabetic patients place on nutritional therapy and identify perceived barriers to nutritional therapy adherence (Ezequiel et al., 2017). The research study consists of a non-random sample of 62

patients receiving healthcare in diabetic clinics; researchers asked interviewees a series of questions using a semi-structured protocol (Ezequiel et al., 2017). The study's findings indicate that patients show poor dietary intake, with a prevalence of 36% of overweight patients and 53% of obese patients (Ezequiel et al., 2017).

### **Key Points**

Prevention and treatment approaches for type 2 diabetes generally consist of achieving stable blood glucose, management with patient education, and nutritional, physical, and pharmacological therapy (Ezequiel et al., 2017). Due to the chronic nature of diabetes and its associated complications, there is a dramatic need for adequate treatment and management (Ezequiel et al., 2017). This research study conducted a quantitative assessment of a non-random sample of type 2 diabetic patients to identify perceived barriers to nutritional therapy adherence (Ezequiel et al., 2017). Patients in the study were individually assessed by trained dietitians, using a semi-structured, face-to-face interview protocol regarding sociodemographic characteristics, lifestyle, physical activity, and dietary habits (Ezequiel et al., 2017). Researchers used a series of questions to ask patients to rate the importance of food, physical activity, and medication therapy for their diabetic management (Ezequiel et al., 2017). After completing the interviews, researchers collected data on waist circumferences, height, and weight using standardized methods (Ezequiel et al., 2017). Overall, the study concludes that patients with type 2 diabetes perceive dietary intake as an essential part of their management and treatment but not as valuable as pharmacological therapy (Ezequiel et al., 2017).

### **Assumptions**

The authors make assumptions based on a suggestion that a significant portion of patients with type 2 diabetes exhibit poor adherence to treatment and poor management of the disease

(Ezequiel et al., 2017). Based on the research article and the authors' purpose, an assumption that patients with type 2 diabetes value their medication therapy more than dietary nutritional therapy is evident (Ezequiel et al., 2017). Future self-management standards of type 2 diabetes should focus on developing specific strategies for patient education to improve adherence (Ezequiel et al., 2017).

### **Deficit/Conclusion**

The authors' reasoning is acceptable because of the first-hand experience others have had with type 2 diabetic patients' poor adherence to their health. The implications of this article include adequate management and care for diabetic patients. Patients should be empowered to improve their self-care and consider nutritional therapy as valuable as other treatments (Ezequiel et al., 2017). The authors address a need for future research to address ways that educational, psychosocial, cultural, and economic characteristics affect the compliance of nutritional recommendations (Ezequiel et al., 2017).

## References

- Ezequiel, P., Nídia, B., Tânia, N., & Eurico, G. (2017). Do patients value nutritional therapy? A quantitative study in type-2 diabetes patients. *International Journal of Diabetes and Clinical Research*, 4(2), 1–6. <https://doi.org/10.23937/2377-3634/1410079>
- Nazario, B. (2020, October 9). *Diabetes: The invisible damage it does to your body*. WebMD. <https://www.webmd.com/diabetes/story/the-invisible-damage-diabetes-does-to-your-body>