

Managing Type II Diabetes

Literature Review

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## Managing Type II Diabetes

Proper management of type II diabetes is vital for those living with this disease.

Approximately 1 in 10 Americans have diabetes, and over 90% of those diagnosed have type II diabetes (Centers for Disease Control and Prevention, 2019). Complications with diabetes can often lead to significant illness and possibly death (Cleveland Clinic, 2017). For many people, healthy lifestyle changes can keep type II diabetes under control. Through this literature review, various qualitative articles will help determine the best approaches to manage type II diabetes.

### **“I’ve made this my lifestyle now”: a prospective qualitative study of motivation for lifestyle change among people with newly diagnosed type two diabetes mellitus**

A diagnosis of type II diabetes is a life changer. This article focuses on newly diagnosed patients’ motivation to live a healthier life. In this study, physicians saw their patient’s diagnosis as an opportunity to initiate a healthy lifestyle plan for them. Physicians implemented a healthy diet and exercise for three months before any prescribing any medication. Different motivational approaches were analyzed to determine what kept patients compliant with their prescribed regimen (Sebire et al., 2018).

#### **Key Points**

Patients were encouraged to reduce their daily intake by 500 kcal and to walk briskly for 30 minutes five times per week. The goal was for patients to reduce their body weight by 10% over a year (Sebire et al., 2018). The key question made is what motivated newly diagnosed patients to create a healthy lifestyle change and stick to those changes? A variety of motivational strategies helped to determine which benefitted patients most. Patients in this study had frequent

follow-up appointments. Some patients saw that as a motivational tool to show their provider, they had not slipped up. Knowing the implications of the disease and the benefits of a lifestyle change helped to motivate some patients. Complications of diabetes can become chronic such as heart and vascular disease, stroke, kidney damage, and nerve damage (Cleveland Clinic, 2017). The goal was to get patients to develop a routine and pattern of healthy diet and exercise, so it no longer felt like a chore. Those that were able to do this remained motivated by the positive effects of their new routine. They felt better and were happier overall.

### **Assumptions**

The authors of this article's primary assumption are that by motivating the patient to identify a personal benefit, the patient can live a superior life and lower the risk of diabetes. Clinicians attempted to understand the struggles and internal conflicts that newly diagnosed patients face to achieve results in better patient-centered care. If patients take positive lifestyle changes seriously, they may live better and longer lives. Noncompliance with healthy lifestyle changes may result in chronic illness and death (Sebire et al., 2018).

### **Deficit/Conclusion**

Weight loss, healthy diet, and increased physical activity help keep blood glucose within the normal range, preventing further complications associated with diabetes (Mayo Clinic, 2019). Having a better understanding of what motivates type II diabetes patients to make a positive lifestyle change is considered essential to provide the best patient-centered care possible. Providing better care for those recently diagnosed will help patients live longer and better lives (Sebire et al., 2018).

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**Conclusion**

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## References

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