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Research Response

Due 4/3/2023

The nursing research response projects were all amazing presentations. My favorite presentations were type 2 diabetes, COPD, Opioid use, and Overuse on alcohol. The first group presentation was on type 2 diabetes. They talked about the differences between type 1 and type 2 diabetes. I learned that one of the treatment options for type 2 diabetes is metformin in a pill form, it's usually the first treatment option. I thought all diabetes treatments were made by injections. I also learned that type 2 diabetes is slowly increasing in other countries such as India, Pakistan etc.

The second group presentation was on COPD, I learned that Copd primarily affects your respiratory system, it can be irreversible, and there is copd treatment management. I learned that even though smoking is the main cause of COPD, secondhand smoking, living in urban areas, and working or living in construction areas can cause COPD. One of the presenters mentioned that when she used to work as a CNA, her coworkers used to smoke on their lunch break, and even though she didn't smoke she used to go outside with them while they were smoking. She realized she can be affected by secondhand smoking. Living in urban areas has more pollutants, increasing the risk of Copd. Lastly, working in construction areas increases more particles in the air that people can inhale, increasing the risk of COPD.

The third group talked about opioid use. Opioid overdose is increasing across the country. Especially fentanyl, it is so strong it can be absorbed topical, inhalation etc., and cause overdose. People can be addicted to opioid by being injured and being

prescribed opioids from their doctors. Opioid overdose can cause respiratory depression, Narcan is given during an overdose. The last group presentation was on Alcohol misuse. Millions of people across the country misuse alcohol. Alcohol depresses a part of your brain that makes you lose balance, alter your level of consciousness and memory. I also learned that people need to learn their limit on alcohol, knowing when to stop, don’t drive when they drink, and learning how to drink alcohol in moderation.