

Leading Evidence-Based Practice Change

Student Name

Chamberlain University

NR 718 Topics in Advanced Practice Leadership I

Instructor's Name

Due Date

Leading Evidence-Based Practice Change

Diabetes is among the top three leading causes of death in the US, affecting more than 37.3 US citizens (CDC, 2022). Approximately 1 in every 10 US citizens has diabetes, and 1 in every five people with the disease does not know they have it (CDC, 2022).

Diabetes is a slow-progressing disease, and most patients present to the clinical areas at advanced disease stages following the onset of related complications such as retinopathy, heart disease, renal failure, and musculoskeletal disorders (CDC, 2022). This paper aims to evaluate the effectiveness of diabetes self-management education and support (DSMES) among newly diagnosed diabetic patients. DSMES is an evidence-based intervention that has proved effective in achieving the ideal fasting blood sugars, compliance with medications, and delaying the onset of disease-related complications (National Institute of Diabetes and Digestive and Kidney Diseases, 2022). The majority of patients with diabetes have little knowledge about the disease, and thus one of the primary goals of the DNP project is to foster knowledge acquisition among diabetic patients to enhance improved glycemic control and foster improved medication adherence. The long-term project goal is to equip patients with self-management skills to enhance improved clinical prognosis and delay the onset of disease complications associated with increased healthcare expenditure and unwanted mortalities. This paper will undertake a detailed evidence synthesis of the DSMES intervention to ascertain its effectiveness in managing diabetic patients.

Intervention/ Approach

Evidence Synthesis

The DSMES intervention primarily focuses on equipping diabetic patients with knowledge about diabetes type 2. According to a study conducted by Werfalli et al. (2020) use of the DSMES intervention help to equip patients with new knowledge, confidence,