

BACKGROUND

Diabetes in America is increasing as one of the leading causes of death. Self-management and regular follow-ups with a healthcare provider are vital in averting long-term effects. This project aims to create a nurse-led diabetic clinic to improve veterans' knowledge, access and treatment adherence with type 2 diabetes mellitus.

- Limited access for veterans' appointments in primary care
- Can allow for overall coordination of care¹
- For newly diagnosed type 2 diabetic veterans
- Leads to continuity of care and patient satisfaction^{1,2}
- Leads to self-management of the chronic disease³

METHODS

- A PowerPoint presentation was created to educate staff and veterans about the new nurse-led diabetic clinic.
- A patient handout was created to be given to the veteran after initial diagnosis.
- An infographic was created to present to organizational stakeholders during workgroups, meetings and focus groups.
- Pre- and post-surveys were created to be given to the newly diagnosed diabetic veterans established in primary care.
- The framework for this project was Kurt Lewin's change theory.

REFERENCES

¹Davis, K. M., Eckert, M. C., Shakib, S., Harmon, J., Hutchinson, A. D., Sharplin, G., & Caughey, G. E. (2019). Development and implementation of a nurse-led model of care coordination to provide health-sector continuity of care for people with multimorbidity: Protocol for a mixed methods study. *JMIR research protocols*, 8(12), e15006. <https://doi.org/10.2196/15006>

²Powers, M. A., Bardsley, J., Cypress, M., Duker, P., Funnell, M. M., Fischl, A. H., Maryniuk, M. D., Siminerio, L., & Vivian, E. (2016). Diabetes self-management education and support in type 2 diabetes: A joint position statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. *Clinical diabetes: A publication of the American Diabetes Association*, 34(2), 70-80. <https://doi.org/10.2337/diaclin.34.2.70>

³Blackberry, I. D., Furler, J. S., Best, J. D., Chondros, P., Vale, M., Walker, C., Dunning, T., Segal, L., Dunbar, J., Audehm, R., Liew, D & Young, D. (2013). Effectiveness of general practice-based practice nurse-led telephone coaching on glycemic control of type 2 diabetes: The Patient Engagement and Coaching for Health (PEACH) pragmatic cluster randomized controlled trial. *BMJ*, 347. <https://doi.org/10.1136/bmj.f5272>

Image 1: EMS Solutions International. (2016). [Clip art]. <https://emssolutionsint.blogspot.com/2016/12/cetoacidosis-la-diabetes-y-sus.html>

INTERVENTIONS

A data collection from veteran's electronic health records can be made to determine the number of newly diagnosed type 2 diabetics in the primary care outpatient clinic.

- A PowerPoint presentation will be presented to executive leadership about the nurse-led clinic.
- An infographic will be presented to organizational stakeholders on how this clinic can help veterans self-manage their disease.
- A workgroup will be created to review veteran patient data of newly diagnosed type 2 diabetics.
- A pre-survey will be given to newly diagnosed veterans and a post-survey will be given a year later to gauge the patient satisfaction with the clinic and ability to self manage their diabetes.
- A meeting will be scheduled with management in primary care to evaluate the project.

IMPACTS

A nurse-led diabetic clinic can lead to improved veteran satisfaction, appointment access, and patient outcomes.

- Positive patient outcomes from education on patient conditions¹
- Improved glycemic control¹
- Improved adherence³
- Decreased healthcare costs
- Improved patient satisfaction^{1,2}

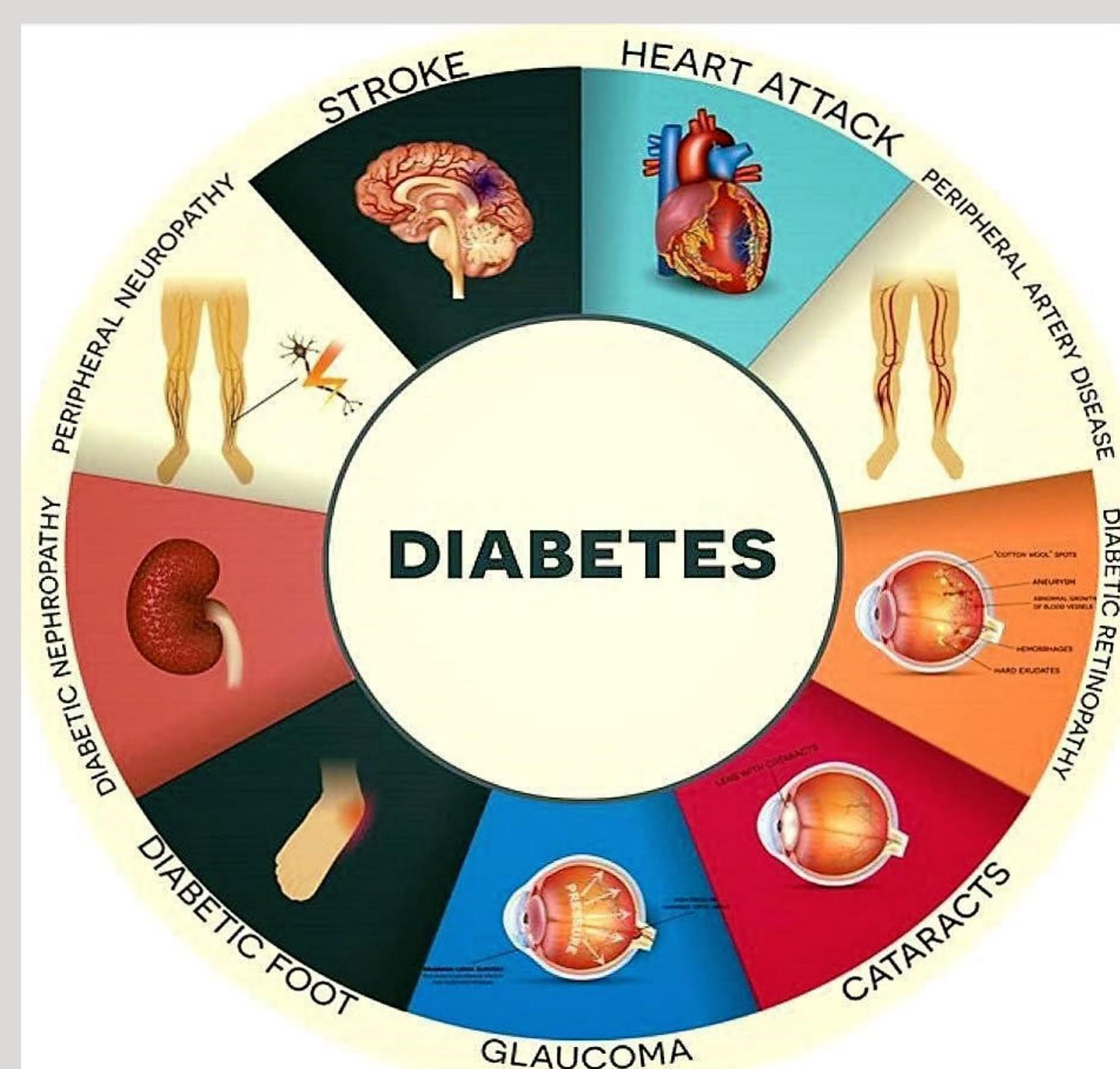


Image 1: CC BY-NC-ND 4.0 DEED

CONCLUSIONS

- Implementing a nurse-led diabetic clinic for newly diagnosed type 2 diabetic veterans can significantly reduce the progression of the disease process.
- Increasing access to a nurse-led diabetic clinic allows for improved patient outcomes, enhanced patient education, increased patient satisfaction, and decreased healthcare costs.