

Diabetes PICOT Paper- Quantitative Study

Affiliation

Date

The study looked at Diabetes Self-management practices that are aimed at giving people with the Type 1 or 2 Diabetes with the confidence to actively manage the disease in conjunction with the healthcare provider. In this study, the researcher made a quantitative meta-review, which is to inform the healthcare managers and policymakers regarding the impact of diabetes self-management support strategies for people with diabetes and the type of interventions work best. The study entailed a quantitative Metareview or randomized control trials using the Cochrane methodology. From the research, it was discovered that Glycaemic control, as measured through the glycated hemoglobin (HbA1c) provide the primary outcome for the study (Captieux, et al.). In the study, the study discovered that the lipid profiles, Body Mass Index, Blood Pressure, the quality of the patient's life scores provided the secondary outcomes. Apart from the outlier, the quantitative review also found that an HbA1c improvement between 0.2% and 0.6% ( 2.2-6.5 mmol/mol) after a post-intervention of 6, however, it was attenuated at 12 and 24 months (Captieux, et al.). The research also summarised the Meta-analyses reporting of HbA1c, among other outcomes that were synthesized narratively. The researcher also looked at various self-management interventions through a number of approaches as a way of improving the short term glycaemic control for patients that undergo type 2 diabetes by the use of the culturally diverse populations (Captieux et al.). From the findings, it is evident that healthcare professionals, policymakers need to provide a precise evaluation of how self-management support is provided during routine care. The researcher recommends further studies on the implementation and sustainability of diabetes self-management practices.

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### **Works Cited**

Captieux, Mireille, et al. "Supported self-management for people with type 2 diabetes: a meta-review of systematic quantitative reviews." *BMJ Open*, vol. 8, no. 12, 2018, p. e024262.