

PICOT Question: How Adults that Are Diagnosed With Diabetes Mellitus that Were Given
Health Education Vs Individuals Who Did Not Get Health Education Has Improved A1C Over 6
Month to 1 Year Time Frame

Name

Institutional Affiliation

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| Type of Research | Research Topic | Research Problem and Purpose |
|------------------|--|---|
| Randomized study | A study of the success of the application of systematic health education model among patients with type 2 diabetes mellitus (T2DM) | <p><i>Title of the study:</i> “Effectiveness of Systematic Health Education Model for Type 2 Diabetes Patients” (Zhang & Chu, 2018)</p> <p><i>Problem:</i> Health education is integral in improving patient outcome in T2DM. However, conventional health education model has shown little success in the treatment of T2DM. In particular, there have been insignificant “favorable variations in HBA1c, LDL, cholesterol, and systolic blood pressure (SBC)” (Zhang & Chu, 2018).</p> <p><i>Purpose:</i> To study the efficacy of the systematic T2DM health education model</p> |

Critique of the Significance of the Problem and Potential Influence on Nursing Practice

The problem is clearly stated since the authors argue that conventional health education models have failed to achieve the expected patient outcomes as opposed to systematic approach that integrates approaches such as distribution of educational materials to patients, image education, individualized clinical nutrition, visits to exhibition halls, and exercise therapy (Zhang & Chu, 2018). The problem is feasible with patient follow-ups to determine if their conditions are improving and if they are adhering to the treatment plan. Besides physicians, nurses comprise part of the T2DM health education group that foresees the enrollment of patients in need of T2DM education and allocation, follow-up, and analysis of the intervention (Zhang & Chu, 2018). The article has a potential influence on nursing practice as it identifies the steps that are necessary to evaluate the effectiveness of T2DM health education as an evidence-based program (EBP). The main objective of patient education is to support self-care behaviors, problem

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solving, health status, quality of life, and overall patient outcomes. Zhang and Chu (2018) article introduces a systematic model of T2DM health education that has achieved a significant reduction in HbA1c of -0.67%, which is higher compared to other health education strategies. Earlier strategies have only achieved HbA1c reduction of -0.18% after 2-year period of follow-up and -0.26% after more than 4 months follow-up period (Zhang & Chu, 2018). The systematic health education presented in the article integrates individual education during patient hospitalization and extended care after hospitalization. The results of a reduction in HbA1c shown in the study has a potential influence on not only patient outcomes, but also on future nursing practice.

The study by Zhang and Chu (2018) builds on previous interventions such as pharmacological treatments that need to be complemented with systematic T2DM health education. The authors also note that resources that have been used in previous health education programs are inadequate and suggest the need to include diet control, face-to-face lectures, videos, booklets and pamphlets when providing health education to patients with T2DM. The literature review supports the need for this study because of the failures observed in previous health education interventions that did not support the systematic approach of follow-ups after patient hospitalization (Zhang & Chu, 2018). The article identifies that while face-to-face approach has remained common in carrying out health education, doctors find it challenging with the increase cases of T2DM because of the busy schedules they have in attending to other patients. In general, Zhang and Chu (2018) article builds upon other previous studies and provides a literature review that shows the significance of having further investigations regarding effective ways of T2DM health education that will improve patient outcomes and nursing practice.

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References

Zhang, Y., & Chu, L. (2018). Effectiveness of systematic health education model for type 2 diabetes patients. *International Journal of Endocrinology*, 2018(9349):1-9, doi: 10.1155/2018/6530607. Retrieved May 27, 2019, from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6083492/>