



NR528 LEADING AND MANAGING EVIDENCE-BASED CHANGE IN NURSING

Module 6 Assessment: Project Proposal Template

Summary of Area of Interest (Section I)

As the population ages, the burden of chronic disease for those 50 year and older is on the rise in America, nurses today must always be prepared to adapt to changes that result from evidence-based practice. When nurses are providing care to patients it is necessary to diligently observe any areas of care that improvement or further research is needed to enhance patient outcomes. One practice of concern is glucose monitoring for diabetics. Frequent blood glucose sticks can be a daunting task which leaves concern that adequate testing may not always occur. Control of blood glucose begins with proper blood sugar monitoring. Blood sugar should be checked at minimum before meals and bedtime but may be required for frequently. The use of a continuous glucose monitor is recommended for many reasons and brings many benefits over traditional capillary monitoring for diabetic patients, especially when it comes to HbA1c (Grennan et al., 2023).

Problem Statement (Section I)

Unmanaged diabetes has negative effects on multiple body systems. Blood vessels in the eyes can be damaged leading to conditions such as glaucoma, cataracts and retinopathy, which is the leading cause of blindness in adults 20-74 years of age according to the National Eye Institute. High blood sugar also damages the nerves, causing decreased sensation, ulcers, infection and vascular dementia. Frequent inspections of the feet are necessary for early detection of ulcers or infection. One of the major causes of mortality in diabetic patients is cardiovascular disease. High blood glucose and high blood pressure go hand in hand increasing the risk of heart attacks and stroke in diabetic patients in addition to negatively impacting the filtering ability of the kidneys leading to kidney failure and the



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need for dialysis or transplant.

Problem Background (Section I)

Frequent monitoring of blood glucose is necessary to manage diabetes properly. Tracking blood sugar levels informs the individual of what causes spikes or declines, how medication is working and helps to see the benefits of physical activity. Blood sugar should be checked at minimum before meals and bedtime but may be required for frequently. Options for treatment for Type 2 diabetes are limited but include oral medications, diet and exercise, lifestyle modifications and insulin.

Stakeholders (Section I)

Stakeholders include the patient and their family members. The healthcare team, facilities, Pharmacy Benefit Managers (medication adherence programs) and insurance agencies.

Clinical/Practice PICO(T) Question (Section I)

In adults with type 2 diabetes and HbA1c levels above 7 (P), what are the differences in blood glucose levels (O) when continuous transdermal blood glucose monitoring devices are worn (I) compared to traditional finger stick testing before meals and at bedtime (C) over 6 months

Literature Review (Section II: Include Synthesis information from Module 4 assignment. In your manuscript you will want add a bit more detailed information to this section)

Control of blood glucose begins with proper blood sugar monitoring. Blood sugar should be checked at minimum before meals and bedtime but may be required for frequently. The use of a continuous glucose monitor is recommended for many reasons and brings many benefits over traditional capillary monitoring for diabetic patients, especially when it comes to HbA1c (Grennan et al., 2023). These devices help individuals avoid delays in intervention, delay complications, can be cost effective with