

**. State your practice question in PICOT format.**

Among adult patients on second-generation antipsychotics, how does the use of the Diabetes Self-Management Education and Support (DSMES) compare to current practice help to impact target blood glucose over a period of 8-12 weeks?

**Create your rationale for choosing your evidence-based intervention.**

The evidence-based intervention was selected due to its reliability and effectiveness in enhancing improvements in glycemic control among the identified patient population. A study conducted by Oser et al. (2021), indicates that use of the DSMES intervention proves to be an evidence-based intervention as it helps to improve patients' health literacy concerning the disease enabling patients to observe dietary restrictions and foster improved physical activity to prevent glucose dysregulation and associated complication.

The use of the intervention has been approved by the American Diabetes Association (ADA) thus making it a highly reliable approach in management of these patients and prevent impairments in blood glucose levels and other metabolic effects (Davis et al., 2022). Additionally, the intervention seeks to equip patients with ideal self-care skills and thus enabling patients to monitor their blood sugars at home and consult their physicians incase of any unusual symptoms. As indicated by the Centers for Disease Control and Prevention (CDC, 2022), the DSMES intervention is a cost effective and scientifically approved tool in improving glycemic controls among the diabetic patients.

**List the high-level steps or activities in your evidence-based intervention implementation plan.**

- I. Seeking site approval for implementation of proposed evidence-based intervention.
- II. Engaging all the relevant stakeholders to support the project.