



Type 2 diabetes: Motivational Interviewing Improving client's dieting and exercise

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Introduction

The increasing cost of management of T2D is a great burden for current healthcare systems in the U.S. In 2019, 37million American citizens had diabetes(CDC,2021). Review of literature recognized motivational interviewing intervention, patient centered approach, improved T2D patients' self management behaviors(Arbuckle,2020).

Clinical Issue

A 10-day reflective practice review was conducted in a skilled Nursing Facility(SNF). Findings indicated of hyperglycemia being the most prevalent diagnosis due to poor adherence to the recommended diabetic diet and exercise program.

PICOT

P: Adults aged 40 years & above with T2D have been recommended to follow a diabetic diet and physical activities plan.

I: Culturally adapted Motivational interviewing

C: Education on diabetic diet and physical activity

O: Improved compliance to diabetic diet and exercise program.

T: Within five weeks.

QI Project purpose

- To improve self-management capacities of type 2 diabetic patients who struggle with following their diet and exercise programs,

Project description

Design

- QI proposal
- Work letter
- IRB
- Work Settings

Frameworks that guided this QI project:

- Social Cognitive Theory
- Transtheoretical Model

Intervention:

- Face-to-face MI sessions were performed during the routine visits.

3 MI sessions

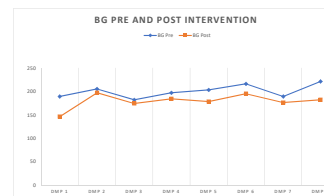
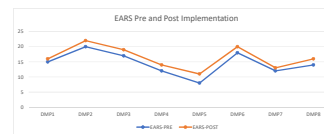
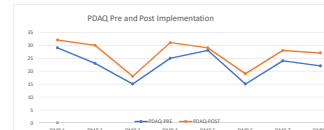
- Session 1: Engaging
- Session 2: Focusing and evoking
- Session 3: Planning and discussion of outcomes

Evaluation Strategy

- Perceived Dietary Adherence Questionnaire(PDAQ)
- Exercise Adherence Rating Scale(EARS)
- Retrospective EHR chart review
- Questionnaires administered pre and post MI intervention.

Findings

- Eight patients completed pre & post intervention PDAQ & EARS



- Findings from PDAQ indicated of improvement between 3.9% and 22.75%; EARS findings indicated improvements between 6.67% and 37.5%. Reduction of blood glucose level from 22.75% to 3.9% was recorded.

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Implication for practice

- Behavior specific motivational interviewing interventions may lead to improved clinical outcomes for patients with type 2 diabetes.

Conclusion

- Implementation of motivational interviewing intervention resulted in improved adherences to diabetic diet and exercise program.

References

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