Diabetic Workshop for Staff Nurses: Teaching Patients about Diabetes
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Background: The World Health Organization (WHO) estimates that more than 180 million people worldwide have diabetes and the number is likely to double by 2030. The financial cost of treating diabetic patients is increasing. Without action WHO has said that diabetic related deaths will increase by 50% within the next 10 years. The American Diabetes Association estimates the cost of medical care for a person with diabetes is $10,071 per year, compared with $2,669 for a person without diabetes. Many health care organizations agree that we must provide new standards of care for diabetic patient and provide strategies for preventive care. A workshop is designed to incorporate the concept of evidence-based practice to become an important part of the nurse’s work day.

Level of Educational Program: The curriculum is designed for all RN staff.

Target Learning Outcomes: The aim of this workshop is to provide staff nurses with an opportunity to utilize the principles of evidence-based practice when educating diabetic patients while they are in the hospital. To allow the staff nurse to utilize opportunities within a variety of setting to create and develop teaching moments for the patients.

Target Learning Strategies: During a four hour workshop the staff nurse will be taught using the principles of adult learning how to develop teaching moments and meet the following objectives: Review diabetes, the disease process, complications and treatment. Ability to demonstrate the principles involved in evidence-based practice while educating their patients on the use of insulin and other diabetic medication therapies. Discuss diet, nutrition and exercise activities appropriate for the patients. Recognize when and how to use the referral process. Identify teachable moments, i.e. during bath time to examine the skin, discuss diet during meal-time or exercise during activities.

Evaluation: This workshop is to provide guidance to the staff nurse when taking care of diabetic patients using the principles of evidence-based practices. The staff nurse will gain the ability to teach the client how to care for themselves, providing a better understanding of the disease process for their patients.

Reference:


Spollett, Geralyn, 2006, Promoting Continuing Education in Diabetes Management, Endocrine Practice Vol 12 (suppl 3) July/August.
