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# Diabetic Education: Healthy Carbohydrates and Carbohydrate Counting

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# **Diabetic Education: Healthy Carbohydrates and Carbohydrate Counting**

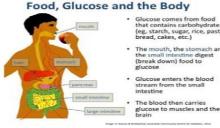
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### Purpose/Background:

Would type 2 diabetic patients verbalize knowledge and make healthier carbohydrate food choices after receiving education about different types of carbohydrates and about carb counting.

- Diabetes self-management education, the process of teaching individuals to manage their diabetes, has been an important part of the clinical management of individuals with diabetes since the 1930's.
- The American Diabetes Association recommends assessment of self-management skills and knowledge at least annually, and the encouragement of continuing diabetes education. (Norris 1159)
- Studies show that glycemic control improves in type 2 diabetes patients with a structured education program in self-management.(Fiore Scain 604)



#### Food, Glucose and the Body Glucose comes from food

(eg, starch, sugar, rice, pasta, bread, cakes, etc.) The mouth, the stomach and the small intestine digest (break down) food to

> stream from the small intestine The blood then carries glucose to muscles and the brain

#### Process:

Pre-test: Ask the patient to make Breakfast, Lunch and Dinner selections utilizing the current network approved menu.

Educate the Patient using a hospital approved brochure on food choices that facilitate optimum glycemic control.

Post-test: Ask the patient again to make Breakfast, Lunch, and Dinner selections utilizing a new copy of the current network approved menu.

Compare the menus, noting whether or not the patient was able to benefit from the education by making food choices post education, that would facilitate improved alycemic control.

The Goal is to balance			
food and insulin by	ABE		
making the healthy food			
choices so your blood			
sugar will be in your			
blood glucose target		/	DIABETES
range.			DIADETES
i unge.	"Diabetes is a disease in which your blood glucose, or		
	blood sugar, levels are too		
	brood sugar, levels are too high.		
A REPORT OF			
	Over time, this can cause		
	problems with your kidneys,		
	nerves, feet, and eyes.		
	Having diabetes can also put		
	you at a higher risk for heart		
State - State -	disease and bone and joint		diagnosed with diabetes
TTRESSORN UNA SAME	problems.		every year."2
	Other long-term		"Diabetes kills more
Making wise food	complications of diabetes		Americans every year than
choices and	include skin, digestive,	100 C	AIDS and breast cancer
Carbohvdrate Count can	sexual, and dental		combined."2
help you	problems."		"People with diabetes bene
lower your risk for heart	Bishering and he		from same healthy diet the is good for everyone else."
disease, stroke, and	Diabetes can be controlled		"A person with diagnosed
			diabetes at age 50 dies 6
other problems caused	Healthy food choices and		years earlier than a
by diabetes.	Carbohydrate Count can		counterpart without
	reduce the risk of		diabetes"2
	developing other		Graduites
	problems due to diabetes		
	called carb counting, involves hydrates in the foods you eat e		tou can control diabetes healthy lifestyle, proper nu and physical activity.
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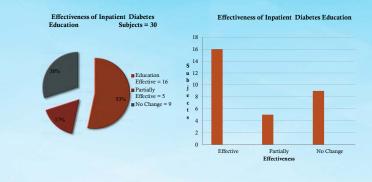
## Evidence:

As of 2014, 29.1 million people in the United States, or 9.3 percent of the population, have diabetes. One in four people with diabetes don't know they have the disease. An estimated 86 million Americans aged 20 years or older have pre-diabetes. (Diabetes Association, 2016)

The American Diabetes Association recommends assessment of self-management skills and knowledge at least annually, and the encouragement of continuing diabetes education. (Norris, 2002)

### **Results:**

Thirty patients were educated and interviewed in our study. Out of thirty patients sixteen patients understood the education and made the appropriate food choice; five out of thirty made partial progress towards the goal and nine were not receptive to the education and did not make a change of their food selection post education.



## Conclusion:

53% of the sample demonstrated improved carbohydrate choice and carbohydrate counting.

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