

Eastern Kentucky University

## Encompass

---

Doctor of Nursing Practice Capstone Projects

Baccalaureate and Graduate Nursing

---


2020

### A Diabetes Crash Course in a Primary Care Setting to Improve Diabetes Self-Care: A Pilot Project

Michelle L. Macdonald

Eastern Kentucky University, [michelle\\_macdonal2@mymail.eku.edu](mailto:michelle_macdonal2@mymail.eku.edu)

Follow this and additional works at: <https://encompass.eku.edu/dnpcapstones>

 Part of the [Family Practice Nursing Commons](#), and the [Public Health and Community Nursing Commons](#)

---

#### Recommended Citation

Macdonald, Michelle L., "A Diabetes Crash Course in a Primary Care Setting to Improve Diabetes Self-Care: A Pilot Project" (2020). *Doctor of Nursing Practice Capstone Projects*. 49. <https://encompass.eku.edu/dnpcapstones/49>

This Open Access Capstone is brought to you for free and open access by the Baccalaureate and Graduate Nursing at Encompass. It has been accepted for inclusion in Doctor of Nursing Practice Capstone Projects by an authorized administrator of Encompass. For more information, please contact [Linda.Sizemore@eku.edu](mailto:Linda.Sizemore@eku.edu).

A Diabetes Crash Course in a Primary Care Setting to Improve Diabetes Self-Care: A Pilot  
Project

Submitted in partial fulfillment of the requirements for the degree of Doctor of Nursing Practice  
at Eastern Kentucky University

By

Michelle Macdonald

Hubbard Lake, Michigan

2020

### Abstract

Diabetes (DM) is a deadly disease affecting millions. Lack of proper DM self-care management can lead to numerous complications and even death. The American Diabetes Association (ADA) recommends lifestyle change as a first-line treatment along with diabetes self-management education (DSME). However, according to the Centers for Disease Control and Prevention (CDC) only a fraction of those diagnosed attend. The purpose of this project was to improve DM self-management behaviors following a patient focused unique DMSE designed to meet community needs. A customized crash course style DM educational session was offered to all DM patients in a rural primary care clinic. The Diabetes Self-Management Questionnaire (DSMQ) was utilized to assess mean DM self-management changes within four sub-categories and self-management sums using a pre-post intervention design. Paired *t* tests reveal a statistically significant change in glucose management ( $p = 0.13$ ) among six voluntary participants. All other measures found no statically significant change. Although small, this change supports use of brief DMSE to improve DM self-management practices.

*Keywords:* Diabetes (DM), American Diabetes Association (ADA), American Association of Diabetes Educators (AADE), Chronic Care Model (CCM), Diabetes Self-Management Education (DSME), Plan-Do-Study-Act (PDSA), Diabetes Self-Management Questionnaire (DSMQ)