**PART 2: Chosen Topic**

**Enhancing Effectiveness of Diabetes Education Prevention & Treatment Programs in Local Hospitals.**

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**Educational Need/ Qualitative Initiative that will be Focused on the Proposed Project**

Diabetes patients frequently do not receive enough information on the disease's management and prevention in local hospitals. These people lack the fundamental knowledge necessary to keep track of their health, maintain excessive blood pressure, or deal with other problems brought on by diabetes (Li et al. 2020). Also, they fail to comprehend the hazards connected to their illness, they do not eat right to keep their diabetes under control, and untimely medical care when they need it. My plan intends to create a thorough, superior education program for avoidance of diabetes, leadership, and treatment in various local hospitals in order to solve this educational demand.

This effort will concentrate on offering patients guided seminars to teach them how to manage illnesses and lifestyle consequences, as well as how to access medical services when necessary. As part of the effort, dietary and activity modifications will be introduced as techniques for health promotion (Gehlawat et al. 2019). Additionally, I want to collaborate with other healthcare professionals to leverage their expertise to promote diabetes screening and diagnosis while also making sure that education and promotion of health initiatives are customized to meet the requirements of each patient that is suffering from diabetes. In order to improve diabetes treatment, prevention, and management, my proposal also calls for local awareness initiatives (Jia et al. 2019).

**Context in which Educational Need/ Quality Initiative of the project can be Observed**

Due to an unusually high rate of death and morbidity among minority communities and people with low incomes, diabetes is one of the main reasons of death and disability in many nations. To lessen the strain that diabetes places on the healthcare system and enhance the quality of life for those who have the condition, it is necessary to increase the accessibility, efficiency, and standard of healthcare services offered for diabetes (Norman et al. 2020).

In any effort to lessen the cost of diabetes on the health care sector, education about diabetes prevention and treatment is essential (Gehlawat et al. 2019). This is particularly pertinent in local hospital settings where it is of the utmost importance to avoid expensive emergency care and hospitalization due to diabetes. However, as a result of a scarcity of resources and understanding, the quality of diabetes education programs provided in many local hospitals may be unavailable and therefore need to be fixed in this project proposal.

**Description (Providing High Detail Regarding the Education need of the Project)**

Millions of people experience the effects of diabetes each year all around the world, which is a serious public health issue. According to the 2020 report by American Diabetes Association (ADA), more than 32.50 million Americans have diabetes and an additional 81 million have prediabetes (Norman et al. 2020). If diabetes is not adequately treated, it can result in catastrophic complications like heart attack, stroke, renal failure, amputation, and blindness. The creation of efficient diabetes education, prevention, and medical programs in local hospitals are important to control and prevent this deadly disease (Ashrafzadeh & Hamdy, 2019).

Thorough and evidence-based decision on clinical and health education should be a part of any successful diabetes education program in order to assist patients in understanding and managing their condition (Ashrafzadeh & Hamdy, 2019). In addition to educating patients on the fundamentals of managing their diabetes, such as food and exercise, insulin and blood sugar inspection, and taking medications, this also entails offering psychological and social assistance to help them cope with the difficulties of having diabetes. To ensure that persons with diabetes receive the appropriate treatment and support, a good diabetes education program ought to involve referrals to professional medical care and local services which will be our main target in this case.

**Effects of the Educational Need of the Project**

A greater awareness of the disease and the steps to be followed to manage it will result from improving diabetes education, preventive, and treatment programs. This will increase public awareness of the illness, which will ultimately result in better long-term outcomes and bring positive effects to the diabetes patients in local hospitals (American Association of Diabetes Educators, 2020). Another positive effect of diabetes education programs is that they teach people how to live healthy lifestyles by teaching them to eat a balanced diet, exercise frequently, and weigh themselves frequently. They can better control the condition with the use of this knowledge.

A good teaching program will teach people how to regulate and cope with the diabetic symptoms, which can lower the risk of diabetes-related medical repercussions. This is equally significant to mention (Misra et al. 2019). Effective management will also lessen the financial strain brought on by the illness and the cost of medical treatment.

**Significant of the Project Topic and Solutions to Nurses.**

The nursing profession places a high value on the suggested project topic, Enhancing Performance of Diabetes Education Prevention & Treatment Programs in Local Hospitals. Diabetes is a persistent ailment that exacerbates a vicious cycle of medical issues and financial hardship (Ashrafzadeh & Hamdy, 2019). A significant factor in the unequal burden of diabetes among underprivileged people is the absence of preventative, educational, and treatment initiatives. By developing efficient and long-lasting diabetes prevention and management campaigns in nearby hospitals, the field of nursing has an excellent chance to solve this public health concern.

Incorporating health promotion techniques into diabetes preventive and treatment programs, such as health education, self-care, and changes in behavior campaigns, is one of the options that nurses should provide for this project. The emphasis here will be on giving accurate and thorough information on diabetes prevention, lifestyle changes, and management of its accompanying comorbidities. Nurses can also provide evidence-based focused on patients counseling to help patients feel more self-assured, self-sufficient, and likely to adopt healthy behaviors (Siegel et al. 2020). The implementation of these efforts will significantly contribute to lowering the financial strain of diabetes and the expenditures associated with it, improving clinical results, and raising patient satisfaction. Additionally, it offers the possibility of raising the quality of life for diabetics.

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