

Abstract

RESEARCH SUBJECT: The Effects of Structured Intensive Diabetes Education Programs in patients with Type 2 Diabetes.

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DATE: May, 2010

The Centers for Disease Control and Prevention (CDC) estimates morbidity rates for diabetes (diagnosed or undiagnosed) at 10% of non-institutionalized adults 20 years and older. In addition, there were 28.6 million ambulatory care visits with diabetes as the primary diagnosis and 584,000 hospital discharges with diabetes as the primary diagnosis in 2006. There were also 72,449 deaths attributable to diabetes in 2006, which made it the sixth leading cause of death (CDC, 2009).

The purpose of this study is to examine the effectiveness of structured, individualized diabetes education programs for patients with type 2 diabetes. The framework for this study is Orem's Self-Care Deficit Theory. The sample will consist of 100 hospitalized patients with either a primary or recent diagnosis of type 2 diabetes who were given diabetes education while in two hospitals in Kalamazoo, Michigan. The study will examine the efficacy of patient centered, individualized approaches on disease control and patient well-being. Diabetes educators and facilities will use the results to understand and improve diabetes education programs.