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## A telehealth nursing intervention for type 2 diabetes patients

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**Problem:** Diabetes is the sixth leading cause of death and results in significant morbidity. Lack of health insurance and reduced access to healthcare services have been identified as barriers and risk factors for poor outcomes in diabetes. The role of telehealth to facilitate the delivery of diabetes self-management is showing promise and gaining attention.

**Purpose:** The purpose of this study is to compare the effect of a telehealth diabetic nursing education intervention in improving self-efficacy, AIc, blood pressure, basic metabolic index, disease knowledge, self-management goals, patient satisfaction, and attendance compliance among individual versus in-group participants in an underserved primary care setting.

**EBP Questions:** Comparing the same diabetes self-management education delivered via telehealth in-group of participants versus individual participants are there any differences in self-efficacy, A1c, blood pressure, BMI, self-management, patient satisfaction and compliance with attendance?

**Methods:** All participants will receive the same intervention. The intervention will be in three sessions over the course of 3 months. The sample size will be 50 people, both men and women who meet the inclusion criteria. The intervention will pertain to diabetic self-management education.

**Outcomes:** It is expected that those participating in the individual intervention will have greater improvements in self-efficacy, AIC, blood pressure, BMI, diabetic knowledge, and self-management goals, patient satisfaction and compliance with attendance via telehealth.

**Significance:** As the incidence of diabetes continues to grow, telehealth could help providers meet the needs of this continuous growing population, as there is significant evidence to support telehealth interventions in improving patient outcomes.

### Biography

Shani Brown is Family Nurse Practitioner at a retail health clinic in Arlington, VA, USA. She has been a nurse practitioner for 4 years. She is currently a Doctorate Nurse Practitioner student at Old Dominion University. She is currently doing a research project of diabetic education through telehealth.

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