



NURSES' CONTRIBUTION TO EFFECTIVE DIABETES SELF-MANAGEMENT EDUCATION

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Abstract: Diabetes self-management education (DSME) enhances patient autonomy and reduces long-term complications. This study highlights the role of nurses in providing structured education, monitoring patient progress, and reinforcing lifestyle modifications. The outcomes show a marked improvement in glycemic control and patient adherence.

Keywords: diabetes, nursing education, self-management, patient adherence, glycemic control

Materials and Methods: A prospective study involving 60 type-2 diabetes patients was conducted. Nurses provided individualized DSME sessions covering nutrition, physical activity, medication adherence, and glucose monitoring. HbA1c levels were measured at baseline and after 12 weeks.

Results: Patients receiving structured DSME showed an average reduction of 1.2% in HbA1c levels. Adherence to daily glucose monitoring increased by 48%. Patients reported improved understanding of diet planning and medication routines.



Conclusion

Nurses play an essential role in empowering diabetic patients through structured education and continuous support. Educational interventions significantly improve glycemic control and patient adherence to treatment recommendations.

References

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