



## 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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