

A Quality Improvement Project:

Increasing Early Detection and Self-Management of Prediabetes in a Community Clinic:

Oksana Solovyanchik, BSN, RN, DNP-FNP Student

Abstract

Background: Every third adult in the United States has prediabetes and is at risk of developing Type 2 diabetes within three to five years, but 90% of them do not know it.

Local Problem: A family clinic located in Auburn, WA was found to have a gap in diabetes screening practice as there was no set protocols for prediabetes screening and no educational material.

Methods: The pre/post-test project design included staff and patient education, health belief, and diabetes risk factor surveys and end of the program satisfaction surveys. The Health Belief Model was used as the theoretical framework and PDSA cycle was used to guide the change brought on by the quality improvement project.

Intervention: For the intervention, prediabetes risk test and health belief questionnaires were administered to adults 18 years of age and older. Patients at a high risk of developing diabetes received education and booklet discussing risk factors and lifestyle modifications to decrease their prediabetes risk. Post satisfaction survey was administered to staff and patients.

Results: There were 10 participants in the Prediabetes quality improvement project. Limited conclusions demonstrated that this screening was effective in identifying high-risk prediabetic patients. The knowledge level of prediabetes, healthy eating, and regular physical activity scores improved when compared to pre- and post-implementation of the QI project.

Conclusion: There is ample evidence to support that lifestyle modifications can help patients prevent or delay development of diabetes. The recommendation was that the clinic continue to use CDC's prediabetes risk test and Prediabetes booklet in the future.