



# Nursing Capstone Project Proposal Example

## The Relationship between Diabetes Educational Program and Readmission Rates of Baby Boomers

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### Abstract

Diabetes is considered as the seventh leading causes of fatality in the USA. This is despite advancements in the medical field (Disease Control Center, 2013). Management and education about Diabetes is a key to curtailing the spread of this illness. As baby boomers continue to age in the US, diagnoses of Diabetes continue to increase, causing this disease to reach unprecedented epidemic proportions (Shakar & Matel, 2015). A nursing home in the New York City performed an assessment in 2014, revealing an increase in the overall readmission of residents who are dealing with diabetes, as well as related complications. These facts led to the question presented in this project: Does an educational program about diabetes in a sub-acute setting lessen the 30-day readmission rates of baby boomers in the hospital? The aim of this evidence-based project was to focus on the impact of a diabetes educational program on readmission rates. The end goal of this project is to enhance the management of caregivers and patients of this complicated illness.

Managements of this illness also include better exercise, eating habits, self-care and education of the diabetic patients to the reduction in the adverse effects of the illness. The researcher utilized a pre and post survey designed in better understanding the knowledge of patients and nurses regarding diabetes before the actual education program. The findings out of the assessment has suggested that diabetic education for the patients may improve its management while reducing readmission rates.





## Chapter 1

The Disease Control and Prevention Centers have reported that the overall cost involved in diagnosing and treating diabetes continues to rise year after year. Type 2 diabetes happens in about 99% of all the diabetic patients. Most baby boomers who are suffering from this disease eventually develop Type 2 diabetes, which was previously referred to as adult onset diabetes. Stewart, Blake and Anderson (2011) defined baby boomers as those who were born between the years 1946 and 1964. In this age group, Type 2 diabetes happens when the body no longer produces enough amount of insulin within the body cells or if the cells have already become insulin resistant.

### Nature of the Project

In order to further understand the current knowledge of patients and caregivers regarding management of diabetes, a nursing home in New York City was succumbed into a needs assessment. The analysis of the assessment has showed an increase in the readmission rates of the patients among the so-called baby boomers generation as a result of a lack in knowledge regarding proper diabetes management. The use of the PICOT framework is an ideal model to use in highlighting the elements involved in the clinical question, while developing a specific diabetes educational program particularly meant for baby boomers. This framework helped in structuring the clinical question which resulted to more useful results.

### Limitations

The survey method used in this study has elicited various responses coming from potential participants. The truthfulness and accuracy of the responses are not able to be measured fully. On top of that, a limited sample data using the N = 9 formulation has discharged patients who participated in the educational program. This posed further challenges and limitations. As a result, the study may not be viewed as something generalized with other healthcare practitioners. The limitations were also offset by a number of strengths that are inherent to the model used, taking into account the complete system, as well as the patients, organization and providers. Despite all of these strengths, the model used is not without limitations, which should also be considered as a limitation of its own. Restrictions also include the creation of an





## Conclusions

This capstone project presented that the implementation of a diabetes education program at nursing homes has reduced readmission rates, especially among baby boomers. So as to become an expert in the environment of healthcare, clinicians and nurses should take ownership of their responsibilities by enhancing the required skills, discovering and managing the responses coming from the patients, as well as completing the needed health tasks. As a result, illnesses are reduced to a manageable level when healthcare workers work in promoting activities that encourages changing, as well as maintaining behaviors which lead to keeping healthy choices.

## References

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