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Poor treatment compliance in diabetes mellitus: The role of advanced practice registered nurse in recognizing the scope of the problem and impact on the patient care outcome

Background: Advanced Practice Registered Nurses (APRN) plays a significant role in the management of patient with Diabetes Mellitus (DM). The cases of this chronic illness are significantly increasing; the 2017 National Diabetic Statistic Report showed that approximately 30.3 million people of all ages had DM in 2015. In the US alone, approximately 9.4% of the total population has DM and it is one of the top 10 leading cause of death. As a front liner in health care, APRNs are in the best position to fill in the gap by recognizing the possible causes of poor treatment adherence, identify and implement potential solutions or innovations by utilizing the latest Evidence-Based Practice (EBP) guidelines and cost-effective measures in improving the outcome.

Purpose: The aims are to identify the gap in the management of DM and its impact to the overall patient outcome, discuss the role and challenges commonly experience by APRN in the management of patient with DM in acute and out-patient setting.

Practice Pearls: APRNs are agent of change to address the disparity in DM management and can significantly impact the patient compliance with the treatment plan. The proper implementation of EBP diabetic screening tool, diagnostic standards, treatment guidelines, multi-disciplinary treatment approach, prevention of disease progression and complications, health education, effective follow-up process are proven stratagems in achieving a successful treatment result.

New or Novel Management of Condition: ADA Standards of Medical Care in Diabetes – 2019. A summary of ADA treatment recommendation in type 2 diabetes (American Diabetes Association, 2019). Empowering the community to self-manage their condition. A latest study by Mezuk, et al. (2018) reveals that implementing diabetes self-management program improves the health outcomes.

Biography

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