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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

Rodel Celso Aguirre has an extensive background in acute and critical care nursing practicing as Advanced Practice Provider with focus on acute gerontology. With his extensive understanding of health and wellness, he is passionate in empowering adult gerontology patient in the management of their health. He has graduated Cum Laude with a Bachelor of Science in Nursing from University of Santo Tomas-Legazpi, Philippines. He has completed a Master's degree as an Acute Care Nurse Practitioner from Grand Canyon University in Phoenix, Arizona, USA. Throughout his career, he has had the opportunity to practice nursing all internally, including Saudi Arabia and United Arab Emirates. Before his current role as an Advanced Nursing Practitioner, he has worked as a Nursing Supervisor at the Cardiovascular Intensive Care Unit at Medical City Arlington in Texas. He currently holds a certification from the American Nurses Credentialing Center (ANCC), as well as the American Association of Critical Care Nurses (AACN). He is a Member of American College of Physicians (ACP), The National Academy of Dermatology Nurse Practitioner, Texas Nurse Practitioner Association (TNP) and Sigma Theta Tau International Honor Society of Nursing.

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