

diabetes self-management

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Diabetes Self-Management

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Diabetes is a chronic infection that needs a patient to do several daily self-management care activities, routines, and decisions. ⁵ Diabetes self-management education and support (DSMES) is essential for ^{the} entire population. ^{DSMES} programs provide the basis for helping individuals living with diabetes manage their decisions and care activities as a means of improving their health outcomes. DSMES achieves this by assisting the necessary awareness and skills essential for diabetes self-care activities. DSMES ensures that diabetes patients implement and sustain their ability to cope with the skills and knowledge about self-care.

One of the goals of DSMES is to ensure that these diabetes patients have sufficient knowledge of their expected contributions to the self-management process. This is to ensure that they practice activities that sustain them and enable those to live better lives. Diabetes self-management is relevant to my practice since it can help me educate the public ² on the importance of practicing self-management activities and ^{the} support of patients living with diabetes. It is also necessary since it will provide me with the appropriate health skills in educating and supporting patients ⁷ with diabetes, (Powers, *et al*, 2017).

⁶ Powers, *et al* (2017) mainly focus on specific needs of self-management for persons with type 2 diabetes while Beck, *et al*, (2020) focuses on the literature for DSMES for ⁴ both type 1 and type 2 diabetes. However, both authors ^{have} focused on assisting ^{the} general population to maintain and sustain behaviors of diabetes self-care by facilitating the necessary knowledge and skills needed in managing the diabetes condition daily. Both articles have supported their ideas through examples of how the education and support had improved the health of populations and reduced the health care costs experienced by these patients. I would have known that the data

provided by these authors was unreliable if it did not mention the exact costs reported to have been reduced.

Quality DSMES is a very important care part of all diabetes patients. This literature equips me with knowledge on the services I should offer as a nurse in the move to handle individualized diabetes cases, and offer a guide to the specific concerns, preferences, and needs of each diabetes patient. It ensures that nurses offer abundant support in DSMES, which ensures continued benefits to diabetes patients. This literature also helps me as a nurse develop better diabetes healthcare activities and services, through the use of advancing technology to create better ways of DSMES and also unleash the underutilized improvement opportunities. This will create positive outcomes for all diabetes patients in the entire population, (Beck, *et al*, 2020). The literature encourages patients and their support team to apply ³ knowledge and skills of diabetes self-management to ultimately improve the health of the patients. It also empowers their decisions into adopting diabetes self-management activities by outlining the numerous benefits of the activities.

The state can develop national standards for DSMES, which should be aligned with the current evidence-based practices and use the current trends to make sure that patients with diabetes get standard and quality care. The most surprising thing about DSMES is that there are still underutilized potentials in providing education and support for diabetes patients. The local, state, and federal laws on the nursing scope for DSMES can assist in ensuring that nurses bridge all gaps in providing DSMES to the patients and the entire population. The nursing ethics can inform my interventions in the DSMES by setting some expected ethical compliances in the delivery of education and care for people with diabetes.

Reference

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