Title page

Diabetes

The patient is a 35-years old female diagnosed with Type 2 diabetes. She is struggling to lose weight so it is important to design an effective care plan that assists her in overcoming obesity. However, it is crucial to consider her medical conditions such as the BMI is >30 and recorded as 31. HbA1c is 8.2 while the goal is to bring it the level of 7 or less than 7. The assessment of the medical condition of the patient depicts that she face high risks of coronary heart disease. She is taking medications like Metformin Gm bid.

The assessment of the patient’s conditions depicts that she requires an efficient weight management plan. Therapeutic intervention is an effective tool for controlling obesity among diabetic patients. The plan stresses on the adoption of a lifestyle intervention that will encourage Amanda to change her unhealthy lifestyle. This intervention will require changes in dietary and physical patterns. Guidelines are adopted for lifestyle intervention that highlights the instructions for dietary patterns and physical activity. the baseline weight reduction is set for 4-6 months. The intervention is essential because the reduction of weight is linked to declining in hypertension that further minimize the risks of cardiovascular disease (Gaal & Scheen, 2015).

Lipid-lowering medications are also suggested because they have a significant impact on controlling obesity. The dose of such medications is more likely to enhance glycemic control. This is advised with extreme dietary reduction because it increases the possibilities of weight reduction. The goal is to use “low-calorie diets can reduce A1C to <6.5% (48 mmol/mol) and fasting glucose to <126 mg/dL (7.0 mmol/L) in the absence of pharmacological therapy or ongoing procedures” (ADA, 2016). It is also confirmed that the level of glucose is maintained at stable levels. The use of medication is advised once a day. The patient is advised to take low-calorie food for attaining better results. The facts indicate that the use of this medication with low-calorie food increases the chances of weight reduction. The dietary plan suggests that the patient follows a proper timetable and take three meals. The patient is advised to consume low iron and low-calorie food. Amanda must use vegetables, legumes, fruits and milk in her diet. Stress eating must be avoided because it is linked to obesity.

The plan also involves physical activity that will provide details to the patient about exercises and duration. Physical activity is important for maintaining blood glucose levels and minimizing the risks of coronary heart disease. Physical activity is advised according to the health condition and status of the patient. The patient will be advised to perform different exercises that will involve the movement of the body parts. Planned exercise is a practical method for reducing weight as movement causes an increase in energy. Regular exercise delays the consequences of type-2 diabetes. The exercise involved in the plan includes aerobic exercise. It is used for improving the muscle strength, oxidases enzymes and boosts the immune system. The patient will engage in exercise at three different times for 30 minutes in the beginning. She will be discouraged from sitting for a longer duration. The light activity of every 30 minutes boos energy and improves the level of glucose. The appropriate movements involve 15 minutes post-meal walk, 3 minutes light walking and 30 minutes walk in the morning. This improves glycemic control and provides resistance against heart disease (Colberg, et al., 2016).

The guideline will help me in responding to the patient’s concerns because it provides proper information about the procedures that are required to be followed in a lifestyle intervention. I will use them for developing effective care or treatment plan for the patient. It will allow me to evaluate the benefits and outcomes of all interventions and choose the most suitable one. I am also useful for identifying the procedures adopted during interaction with the patient.

The process of assessing the guidelines is conducive to rapid appraisal for quick decisions in the clinical practice. I consulted the guidelines for identifying the medications and therapy that could have significant impacts on controlling weight. The guidelines are time effective because I relied on them for choosing the goal-oriented practices and interventions. By consulting the guidelines I was able to identify the type of exercises that were appropriate for Amanda such as aerobic exercise and walk. Another important aspect of the guidelines is that it provides information on the time of exercise. It included details about appropriate exercise time for patients with type 2 diabetes according to age. I relied on the guidelines for improving the consistency and quality of service. it prevents unnecessary errors and highlights solutions for different situations (Gaal & Scheen, 2015).

The process is useful for my clinical practice because it provides me with adequate knowledge and awareness required for addressing the concerns of the patient in healthcare settings. The process familiarized me with the potential benefits of the discussed interventions that I will use in future clinical practices. It is useful for determining the limitations and harms of each practice. Evidence-based guidelines minimize the risks of negligence and adverse outcomes. I will adopt them for providing enhanced quality of care to the patient and for attaining positive health outcomes. Another significant benefit of the process is that it eliminates the chances of errors in clinical practice such as the wrong prescription.

References

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