Empirical Research Identification

[Name of the Writer]

[Name of the Institution]

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**Introduction**

**Part I: Empirical Articles**

* Changes in HbA1c levels and body mass index after successful decompression surgery in patients with type 2 diabetes mellitus and lumbar spinal stenosis: results of a 2-year follow-up study.
* Yoga as a Complementary Therapy for Adults with Type 2 Diabetes: Design and Rationale of the Healthy, Active, and Control (HA1C) Study.
* The consensus statement by the American Association of clinical endocrinologists and American college of endocrinology on the comprehensive type 2 diabetes management algorithm.

**Part II Research Article Chart**

**Research Article Chart**

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| **Criteria and Defining Characteristics** | **Article 1:** | **Article 2:** | **Article 3:** |
| **Abstrac**t  After reading the abstract what do you expect to learn from the article? | After reading the abstract, I learned that successful surgery or the operation could contribute to regulation of body weight through the controlled amount of glucose in patients of diabetes. | I this article Yoga is simplified as the complementary therapy through which adults or the patients of diabetes can control HAIC. They can change their behavior to the side effects of diabetes. | The scholarly paper contains an algorithm for the comprehensive management of a person with diabetes like therapies or through the same type of exercise. It also highlights the prediabetes and obesity where algorithm provides specific recommendations to control lipid and BP. |
| **Introduction: Summarize the following in paragraph form.**   * What is the purpose of the study? * What is the scope of the study? * What is the rationale for the study? * What is the hypothesis or research question? * What key concepts and terms are noted? * Is a review of the literature provided? | The purpose of the study is to examine the effects of postoperative improvement in physical activity on body weight. Further, the scope of study incorporates the improvement in body pains along with the regularization of glucose level in patients of diabetes. The hypothesis contains that physically active lifestyle and participation in organized movements are endorsed as effective and safe aid to medical therapy. The forms of education and training along with literature review incorporate the vigorous intensity and dynamic resistance training which benefited the health of the patient. | The prevalence of diabetes in well-known fact in the United States and the scholars provide that medication is not enough to achieve glycemic control. They paid significant attention to the issues of stress management, regular exercise, and a sustainable diet. Yoga in this regard is a mindful practice as it is discussed in the literature review and it is examined under the healthy, active and in control study design. The 12-week yoga exercise incorporates stationery cycling and walking. With 3 to 6-months post-intervention, the activity was conducted at the end of 12 weeks of treatment. | The focus and purpose of this study are to unfold the algorithm as new therapy and management of diabetes to reduce the effects of diabetes. Medication is no more the permanent solution for countering diabetes. Various sections are organized to address increase glucose, prediabetes, lifestyle therapy, and hypertension. The rationale for this study is that all the classes of antihypertensive medications and obesity are included in this new research. The literature was provided from 2016 edition of American Association of Endocrinologist and their affiliated college. |
| **Methods: Summarize the following in paragraph form.**   * What is the population being sampled? * What is the data collection procedure presented? * What other procedures are described? | The methodology for this article incorporates 119 patients with clinical study for the analysis of decompression surgery. The procedure was continued for six months where the VAS score, ODI score, JOA score, JOABPEQ, BMI, and HbA1c were re-examined at 6 months, 1year and 2 years after the surgery. Correlations between the changes in HbA and ODI JOA were also examined. | Healthy, Active and in Control is designed to analyze the feasibility and acceptability of Yoga exercise among patients. The pilot randomized controlled trial and qualitative data are collected in focus group discussion of program actions. The 12-week yoga exercise incorporates stationery cycling and walking. With 3 to 6-months post-intervention, the activity was conducted at the end of 12 weeks of management. | With the secondary data and qualitative approach, the authors have chosen principle guidelines of clinical practices for developing a diabetes mellitus comprehensive plan. These guidelines were organized into discrete sections and a chart summarizing the attributes of anti- hyperglycemic class along with the principle of algorithms. |
| **Results: Summarize the following in paragraph form.**   * What are the given findings? * How was data collected? * Do graphs and charts support the findings? * What does the analysis of data state? | The entire values of the HbA1c before and after the 6 month, 1 year and 2 years of surgery were estimated as 7.08±0.94%, 6.58±0.87%, 6.59±0.79%, and 6.59±0.79%, respectively (p-values; 6 months: .024; 1 year: .021; 2 years: .038). The group with overweight reflect the significant BMI reduction in the second year after the surgery. An analysis shows significant improvement. | The finding of this article provides that the satisfaction, retention, and attendance of glycemic outcomes like the blood glucose, fasting blood glucose and HbA1c are related with an exercise of yoga. The changes in the physiological and behavioral factors are connected to the intervention of type 2 diabetes. At the end of the response, the study showed for the exploration of participants’ views for the program and their potential for the utility of yoga in managing diabetes. | The outcome of this research reflected that lifestyle optimization is essential for all aspects of diabetes. A target of hemoglobin should be individualized based on factors of a duration of diabetes, comorbid conditions and the life expectancy. Minimum risk of weight gain and the cost of medications can be controlled through monitoring. |
| **Conclusion: Summarize in paragraph form.**   * What is the summary of the study? * What is the conclusion of the hypothesis? * What are the questions for future research? | The research article provides that patient with diabetes can control their weight and pains in back and legs through the structured exercises and surgery. Body weight can also be reduced through LSS and physical movement. | The authors discuss behavioral and social factors associated with diabetes. Perception of the participants was changed after potential utility of yoga exercise. It regulated the body's glucose and overall management of diabetes. | The development of an algorithm for the management of diabetes patients will be significant. It will be a practical guide for risks of spectrum and complications associated with diabetes. Evidence-based approaches are essential for countering the type 2 diabetes. |
| **References**   * What is the total number of references used in the study? * List two of the references used**.** | Department of Neurosurgery, Seoul National University Hospital, 101, Daehak-Ro, Jongno-gu, Seoul 03080, Republic of Korea  Department of Rehabilitation Medicine, Dongsan Medical Center, School of Medicine, Keimyung University, 56, Dalseong-ro, Jung-gu, Daegu 41931, Republic of Korea. | National Center for Complementary and Integrative Health of the National Institutes of Health under award number R21AT008830 to principal investigator Dr. Beth Bock  U.S. Department of Health & Human Services, Centers for Disease Control and Prevention. (2016). At a glance 2016. Diabetes: Working to reverse the US epidemic. National Center for Chronic Disease Prevention and Health Promotion. | American Association of Clinical Endocrinologists and American College of Endocrinology: clinical practice guidelines for developing a diabetes mellitus comprehensive care plan 2015.  Impact of intensive lifestyle and metformin therapy on cardiovascular disease risk factors in the diabetes prevention program. Diabetes Care |

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