NURSES' ROLE IN PREVENTING AND MANAGING TYPE 2 DIABETES IN ADULTS: A CRITICAL LITERATURE REVIEW

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Background:

Type 2 diabetes is the leading chronic disease that is highly prevalent worldwide, particularly among adults. The upward trend observed in the proliferation of the disease in the recent past has led stakeholders in the healthcare system to seek more effective management strategies. Since nurses form one of the most important stakeholder groups in the management and treatment of T2D, research within the nursing field has increasingly focused on how nurses can improve the outcomes of management in T2D.

Aim:

The main objective of this critical literature review was to establish the role of nurses in the prophylaxis and management of T2D in adults. The identification of specific roles should inform the recommendations on the strengthening of T2D management interventions in healthcare facilities.

Method:

A comprehensive literature review was undertaken by searching databases such as CINAHL PLUS, Google Scholar, Medline, PubMed, TRIP, and Cochrane. The Cormack's framework guided the data analysis.

Result:

Ten studies whereby each source was either primary qualitative or quantitative were included. Cormack's framework was used to ensure structured and a rigorous peer-review process. The data was extracted and coded by exploring the information related to how nurses support T2D adults to manage their respective diabetic conditions. According to key themes, nurses play crucial roles such as leadership, recommendation of physical exercise regimes and dietary, monitoring of patient metabolic indicators, teaching patient's self-management approaches, and research. A critical review established that nurse-led Diabetes Self-Management Education programmes remotely are highly effective in the management of T2D.

Conclusion:

Nurses with the necessary skills and tools have a great impact on better health outcomes in T2D. Therefore, investing in specialised training for nurses is essential for the development of nurse-led online T2D interventions, ensuring they acquire the competencies needed to perform identified key roles.