**Presented at the 2011 DNP Conference**

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**Abstract Category:** DNP in Clinical Leadership

**Title:** Improving Outcomes of Persons with Type II Diabetes through Self-Management Education

**Purpose:** The purpose of the program was to improve glycemic outcomes of clients with low socioeconomic means. This population is particularly vulnerable to the negative effects of Type II diabetes as seen in morbidity and mortality data.

**Objective 1:** Document improvements in hemoglobin A1C and fasting blood sugar in medically underserved clients.

**Objective 2:** Successfully implement a diabetes self-management education program in a clinic with limited resources for the medically underserved.

**Abstract:**

Type 2 diabetes has significant morbidity and mortality rates as well as considerable financial, psychological and social implications for those affected. Diabetic Self-Management Education (DSME) incorporates evidence-based standards for controlling this disease while taking into account the needs, goals, and life experiences of each individual. A total of 11 indigent clients with Type 2 diabetes from a medically underserved clinic participated in a pilot evidenced-based practice DSME program. In the group education program a visual poster was used to stimulate and guide discussions on the diabetic disease process, healthy eating, exercise, and goal setting. Data interpretation was accomplished using an integrative approach using qualitative and quantitative. This pilot project demonstrated that future studies utilizing DSME programs in a similar setting are feasible. Replication of this EBP project should be conducted with a larger sample size and over a longer period of time so that statistical significance could be determined. Prospective investigators should focus on clinics that serve indigent clients because there is a great need to improve the outcomes of this population, especially among those with Type 2 diabetes.