Introduction:

- Diabetes mellitus (DM) is a lifelong metabolic disorder characterized by persistently increased serum glucose levels related to a shortage of insulin in the body (Meetoo & Allen, 2010).
- Glycemic control is critical to avoid complications of inpatient hyperglycemia and to lower the risk of long-term complications associated with poor sugar control.

Implications:

- DM is a global health concern with numbers that are continuously on the rise.
- Patients, who understand their disease are more likely to take ownership of health problems, understand treatment options, modify behaviors, and take medications more regularly.

Research:

- Patients with a history of DM have the tendency to be admitted to the hospital more frequently, and these visits also tend to be longer in duration (Johnston & Van Horn, 2011).
- Strict glycemic control in the hospital can significantly reduce the risks for poor outcomes (Johnston & Van Horn, 2011).

Plan:

- Gather data
- Review current glycemic control guidelines at Kearney Regional Health Center

Do:

- Delivery of redesigned meal program
- Sufficient glucose checks & accurate insulin administration
- Implementation of diabetes conversation map
- Diabetic workbook upon discharge
- Patient satisfaction surveys

Check:

- Compare serum glucose readings after plan has been implemented
- Sort through patient satisfaction surveys
- Bring compiled data to hospital board

Act:

- Permanent change will occur if new protocol deems successful
- If data is inclusive, the protocol will be extended for an additional 6 months, with a recheck following

References: