

# The Journey to Control



*Kiley Geis, FHNS  
Fort Hays State University*

## 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:

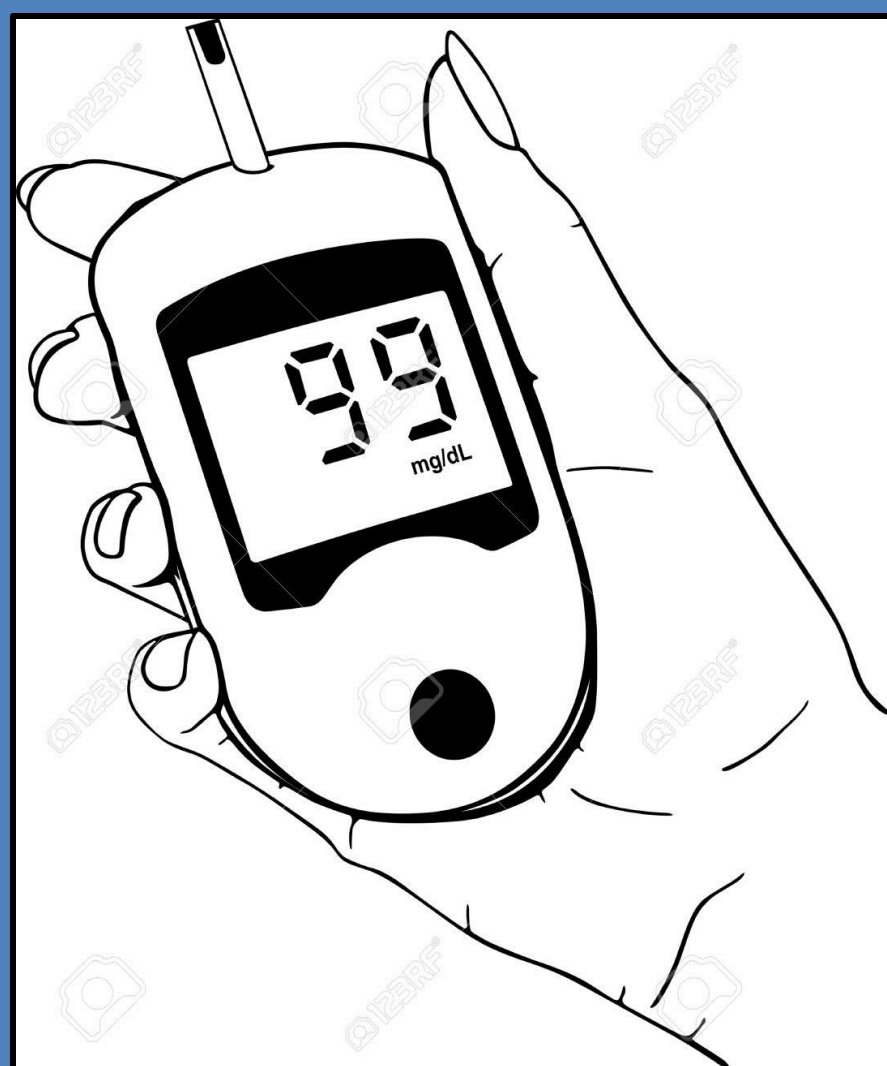
- ✓ DM is a global health concern with numbers that are continuously on the rise.
- ✓ Patients, who understand their disease are more likely to take ownership of health problems, understand treatment options, modify behaviors, and take medications more regularly.

## 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:

- ✓ Johnston, J. A., & Van Horn, E. R. (2011). The Effects of Correction Insulin and Basal Insulin on Inpatient Glycemic Control. *MEDSURG Nursing*, 20 (4), 187-193.
- ✓ (Meetoo & Allen, 2010). Merck Sharp & Dohme Corp. (2010). *Conversation Map Education Program*. Retrieved from rchf.org: [http://www.rchf.org/Docs/RCDC/Conversation\\_Map\\_Overview.pdf](http://www.rchf.org/Docs/RCDC/Conversation_Map_Overview.pdf)