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The effects of motivational interviewing by improving diet and weight loss in adults with prediabetes

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Background: The prevalence of prediabetes in the US continues to rise by epidemic proportions. According to the CDC 2017, 84.1 million US adults or 33.9% of the adult US population have a diagnosis of prediabetes, a condition that if not treated often leads to type 2 diabetes (T2DM) within five years. In addition,

total diabetes prevalence (diagnosed and undiagnosed cases) are projected to increase from 14% in 2010 to 21% of the US adult population by 2050 (Boyle et.al., 2010). Patients diagnosed with prediabetes are more inept to obesity which is associated with an increased risk of developing insulin resistance and T2DM (Khaodhiar, Cummings, & Apovian, 2009). Primary care providers (PCPs) can use motivational interviewing (MI) to improve diet as evident in a lower hemoglobin A1c (HbA1c).

Objective: The purpose of this DNP project is to evaluate and determine if MI is an effective tool

for use in the primary care setting in patients with prediabetes to improve diet and decrease A1c levels and percent weight loss.

Method: A one group quasi-experimental design was used to study the effectiveness of a brief motivational interviewing intervention in 20 adults with prediabetes followed at an outpatient clinic Premier Family Medicine in American Fork Utah. Pre-intervention baseline data and three-month follow-up data were collected using a dietary assessment questionnaire called the United Kingdom Diabetic Diet Questionnaire (UKDDQ).

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