

# 15<sup>th</sup> Euro Nursing & Medicare Summit

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## Understanding pre-diabetes: Helping your patients make lasting changes

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Pre-diabetes is a high-risk state for developing type 2 diabetes defined by glycemic variables that are higher than normal but lower than diabetes thresholds. 5-10% of people per year with pre-diabetes will progress to diabetes, with the same proportion converting back to normoglycemia. Prevalence of pre-diabetes is increasing worldwide and experts have projected that more than 470 million people will have pre-diabetes by 2030. For our pre-diabetic patients, lifestyle modification is the cornerstone of diabetes prevention, with evidence of a 40-70% relative-risk reduction. This session will focus on diabetes prevention, and how we can support our patients to make lasting changes, with the goal of delaying or preventing type 2 diabetes. The objectives of this study are to: Discuss the research behind diabetes prevention; Review the risk factors for developing pre-diabetes; Review the current evidence for screening and initial treatment of pre-diabetes; and review and demonstrate brief action planning, a technique to help your patients make lasting changes.

### Biography

Debra McCauley is Family Nurse Practitioner in the Department of Family Medicine at Mayo Clinic in Rochester Minnesota, since 1996. In 2007, she completed her Doctorate of Nursing Practice at the University of Minnesota, with an emphasis on evidence-based strategies to improve chronic disease management in the areas of depression and diabetes. As a Wellness Coach, she incorporates knowledge of behavior change strategies in to her conversations with persons with chronic conditions. As a Primary Care Provider, she cares for patients of all ages, and recognizes the challenges for nurses and providers to help patients live well while managing a chronic condition.

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