Diabetes Prevention

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A2GDM Prevention...& Reversal

Introduction
Gestational diabetes mellitus (GDM) is one of the most common medical complications of pregnancy. If not treated properly, medicine is recommended = A2GDM. Both are preventable.

Let’s talk about cooking and eating

Where are we now?
In 2017, ***% of our patients developed GDM. ***% developed A2GDM.

Method
A2GDM Prevention

- Reduce the number of PWC (E and Milw) patients who develop A2GDM by 10% by 12/2021

- Develop robust patient education program
  - Insulin teaching 1 week post GDM Dx
  - Universal nutrition groups
  - Weekly reminders

- Attend to patient motivation & social determinants of health
  - FWBA driven connections (teaching kitchen)
  - Draw out motivations with motivational activities in group

- Develop robust staff education program
  - Present BCA and host content expert speaker at provider and staff meetings
  - Socialize patient education content (lunch meeting)

Conclusions
Smart nurses are using common sense, food and exercise to prevent harm and suffering.

References:

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