

Discussion post

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Discussion Post Due: I agree with the post by Peng Anderson on the importance of diabetes self-management education DSME. Traditionally, diabetic patients were educated about self-management through programs conducted in a classroom setting with the health professionals as the tutors. The main topics covered in DSME includes adherence to medication, monitoring blood sugar and control and nutrition and exercise. Recently, other methods of reinforcing DSME have been used including text messages. Common outcome measurements of DSME include HbA1c and tests of medication adherence.

Some of the popular themes used in DSME include the Health Belief Model and Social Cognitive Theory. The author notes that for text messaging support, the Theory of Planned Behavior and the Health Belief Model were also utilized. However, a systematic review found that the theoretical model used in the DSME programs did not seem to have an effect on the outcomes (Steinbekk et al., 2012). Nevertheless, the Health Belief Model has been utilized both in DSME programs and text messaging support programs.

I also agree with the second post by Victoria Ikoro on the management of metabolic syndrome. Metabolic syndrome has become a health crisis, especially in the western industrialized countries. Some of the predisposing factors of this condition include obesity, a sedentary lifestyle, and unhealthy eating habits (De Freitas et al., 2013). Management of metabolic syndrome involves lifestyle modifications to incorporate more physical exercise and maintaining a healthy diet. One of the ways in which the researchers have successfully initiated health behavior change and education include through the use of social and cognitive behavioral theories such as the Health Belief

Model, Health Behavior Change Theory and the Social Support Theory.

Interventions can use single models or a combination of several.

References

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Steinsbekk, A., Rygg, L., Lisulo, M., Rise, M. B., & Fretheim, A. (2012). Group based diabetes self-management education compared to routine treatment for people with type 2 diabetes mellitus. A systematic review with meta-analysis. *BMC health services research*, 12(1), 213.