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AbstractThispaper identifies the ways to identify peer-reviewed articles to ensure thereliability of an article.  Methods usedto ensure an article has been peer-reviewed include but are not limited to thefollowing: an abstract, filter searching, and directory identification.

In addition to identifying peer-reviewedarticles, this paper will discuss the importance of self-management associatedwith diabetes. Self-management of any long-term conditions can be a daunting, costly, and time-consuming task. With the right education and emotional support fromfamily, friends, and physician’s, self-management of these conditions maybecome easier.             VerifyingPeer Reviewed Articles—Self-Management of DiabetesArticlesare submitted and published to various databases each day. However, not allpublished articles are, “ peer reviewed”. The definition of a peer-reviewedarticle is in the name itself—an article which has been reviewed bypeers/professionals who know detailed information about the submitted topic (WaldenUniversity, 2015). Before finding a peer-review article to complete therequirements of this assignment, I first needed to get a clear understanding ofhow to identify these articles within a database. Using Walden Libraryresources, I identified three ways to determine if a published article has beenpeer-reviewed: 1.

the presence of an abstract, 2. using advanced searchfilters, and 3. utilizing Ulrich’s Periodical Directory. Mostlyall articles in a journal database have an abstract.

Abstracts are shortsummaries located at the beginning of each article that give the reader an ideaof what’s discussed without reading the full text (Walden University, 2015). Information included in the abstract will reference the methodologies used, thepopulation studied, and highlighted results (Walden University, 2015). Thoughidentification of an abstract is not a sure way to determine if an article hasbeen peer-reviewed, it is a step in the right direction. The only way to ensurean article has been peer reviewed is by filtering your results and verifyingyour source. To find my peer review article I used the Walden Library databaseand limited my search result by selecting “ view only peer-review articles”. Toverify my search, I used the Ulrich Periodical Database. This database allowsyou to search for an article by its title.

After locating the article under theUlrich database, a basics descriptions page will appear containing allinformation relevant to the published article and its peer-review status.  Diabetesand Self-ManagementDiabetesis a long-term condition that can affect everyday life, what you eat, yourchoice in activities, and can be a financial burden (Hill, 2017). On top ofthese challenges, gaining access to healthcare professionals with the abilityto answer questions outside of a scheduled appointment is almost impossible. Asa result, many important questions go unanswered and result in decreased healthoutcomes. Because health care professionals are not always available having theproper education to ensure management of a condition is important. Impropermanagement of diabetes can have serious consequences, leading to retinopathy, nephropathy and possible amputation (Hill, 2017).

To prevent adverse outcomesrelated to diabetes, educational programs have been established to help peopleunderstand the importance of dietary adjustments such as portion control andsugar intake (Hill, 2017). Due to the cost associated with these programs manypeople with diabetes do not attend, but this is not always the only reason. Research shows that diabetes is a costly disease, and the reasons for notparticipating in diabetic educational programs extend far beyond the scope ofcost (Hill, 2017).

Approved time off work, bad educational experiences, and thelack of advertisement expressing the importance of educational programs are theprimary reasons people with diabetes did not attend (Hill, 2017). Conclusion Diabetes is a common disease that must beappropriately managed. Unfortunately, healthcare professionals are notavailable twenty-four hours a day to assist in management. Therefore, it is theresponsibility of those afflicted with the disease to obtain the appropriateeducational material to manage their disease and increase their overall healthoutcomes.