

Abstract are
submitted and
published to various

[Business](#), [Management](#)



This paper identifies the ways to identify peer-reviewed articles to ensure the reliability of an article. Methods used to ensure an article has been peer-reviewed include but are not limited to the following: an abstract, filter searching, and directory identification.

In addition to identifying peer-reviewed articles, this paper will discuss the importance of self-management associated with diabetes. Self-management of any long-term conditions can be a daunting, costly, and time-consuming task. With the right education and emotional support from family, friends, and physician's, self-management of these conditions may become easier.

Verifying Peer Reviewed Articles—Self-Management of Diabetes Articles are submitted and published to various databases each day. However, not all published articles are, “peer reviewed”. The definition of a peer-reviewed article is in the name itself—an article which has been reviewed by peers/professionals who know detailed information about the submitted topic (Walden University, 2015). Before finding a peer-review article to complete the requirements of this assignment, I first needed to get a clear understanding of how to identify these articles within a database. Using Walden Library resources, I identified three ways to determine if a published article has been peer-reviewed: 1.

the presence of an abstract, 2. using advanced search filters, and 3. utilizing Ulrich's Periodical Directory. Mostly all articles in a journal database have an abstract.

Abstracts are short summaries located at the beginning of each article that give the reader an idea of what's discussed without reading the full text

(Walden University, 2015). Information included in the abstract will reference the methodologies used, the population studied, and highlighted results (Walden University, 2015). Though identification of an abstract is not a sure way to determine if an article has been peer-reviewed, it is a step in the right direction. The only way to ensure an article has been peer reviewed is by filtering your results and verifying your source. To find my peer review article I used the Walden Library database and limited my search result by selecting "view only peer-review articles". To verify my search, I used the Ulrich Periodical Database. This database allows you to search for an article by its title.

After locating the article under the Ulrich database, a basic description page will appear containing all information relevant to the published article and its peer-review status. Diabetes and Self-Management Diabetes is a long-term condition that can affect everyday life, what you eat, your choice in activities, and can be a financial burden (Hill, 2017). On top of these challenges, gaining access to healthcare professionals with the ability to answer questions outside of a scheduled appointment is almost impossible. As a result, many important questions go unanswered and result in decreased health outcomes. Because health care professionals are not always available having the proper education to ensure management of a condition is important. Improper management of diabetes can have serious consequences, leading to retinopathy, nephropathy and possible amputation (Hill, 2017).

To prevent adverse outcomes related to diabetes, educational programs have been established to help people understand the importance of dietary adjustments such as portion control and sugar intake (Hill, 2017). Due to the cost associated with these programs many people 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 not participating in diabetic educational programs extend far beyond the scope of cost (Hill, 2017).

Approved time off work, bad educational experiences, and the lack of advertisement expressing the importance of educational programs are the primary reasons people with diabetes did not attend (Hill, 2017).

Conclusion Diabetes is a common disease that must be appropriately managed. Unfortunately, healthcare professionals are not available twenty-four hours a day to assist in management. Therefore, it is the responsibility of those afflicted with the disease to obtain the appropriate educational material to manage their disease and increase their overall health outcomes.