Case
An OT in a skilled nursing facility is becoming increasingly concerned about the level of diabetes care that residents with type 2 diabetes mellitus are currently receiving at the facility. Standard protocol at the facility currently includes care from nursing and dietitians. The OT believes that a more comprehensive lifestyle management program including OT services would decrease the long-term health complications of the nursing home residents, but would first like to know about research behind it.

Ask: Research Question
For adults with type 2 diabetes mellitus, does a comprehensive lifestyle management program reduce long-term health complications when compared to standard care?

Acquire: Search Terms
Patient/Client group: Diabetes Mellitus, Type 2
Intervention: Lifestyle OR Disease Management
Comparison:
Outcome(s): Health Status Indicators

Acquire: Selected Articles
Lindstrom et al. (2003): Randomized clinical trial (RCT) of 522 adults with or at risk for type 2 diabetes in which the treatment group was exposed to a comprehensive lifestyle management intervention.


Appraise: Study Quality
Lindstrom et al. (2003):
Suggestive: Age range limits generalizability.


Norris et al. (2002): Suggestive: Results are generalizable but limited to clinic settings.


Yamaoka & Toshiro (2005): Suggestive: Lifestyle education reported varied between studies.

Appraise: Study Results
Taken together these studies suggest that a comprehensive and individualized lifestyle management program is an effective treatment option for clients with type 2 diabetes and those at risk. Compared with standard diabetic care, this treatment approach could help decrease clients’ risks of developing long-term negative health complications associated with diabetes.

Apply: Conclusions for Practice
The research suggests that the OT should present these findings to the facility administrators and health care team members, and advocate for a more comprehensive lifestyle management program designed for the clients at risk or diagnosed with type 2 diabetes. Including OT services in their treatment approach would allow the team to better address more areas. The program could result in improved overall health and decreased risk of developing secondary chronic diseases resulting from uncontrolled or poorly controlled type 2 diabetes. With all of the potential benefits, it is recommended for current practice.

References

Reviewers:
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✔ Yes: Lifestyle management programs are effective for preventing further health complications in adults with type 2 diabetes.