Abstract

Problem statement: Having pre-diabetes may be undetected for years without the person ever knowing, they are at risk for diabetes. Without early identification of a person's risk factors, the window of preventative opportunity can slowly close.

Purpose: Healthcare providers are in a unique position to have a direct impact on patient health outcomes. Prevention is better than a cure, and trying to keep a person healthy for as long as possible is the reason for preventative practices (Hancock, 2018). If risk factors are identified early, diseases such as diabetes can be prevented or delayed.

Methods: Quantitative methods were used to evaluate if pre-diabetes education related to diet and exercise modification among those whose CDC pre-diabetes screening tool scores reflected their increased risk for acquiring diabetes. Inter-professional collaborative meetings with specialized healthcare professionals, including a doctoral level trained physical therapist, a licensed dietician, as well as a registered nurse, were held every 2-3 weeks. During these meetings adjustments were made to the participants' diet and exercise regimen. Participants were asked to repeat the screening test at the end of 8 weeks to verify if the education impacted their initial scores.

Results: A paired *t* test was conducted to compare pre-diabetes screening scores before and after the implementation of pre-diabetes educational interventions among 14 voluntary participants. The test was also used to identify how the education affected both the physical activity level of the participants and the body mass index scores. These two scores were the only two modifiable numbers on the screening tool. The repeated screening scores revealed with a 95% confidence interval, that the educational interventions reduced participants' risk factors.

Conclusion: Healthcare providers, who have direct care with patients can provide early

interventions. Early screening for pre-diabetes, with educational interventional tools such as proper diet and exercise regimens, can help to reverse or delay the onset of diabetes among those at risk.