

Diabetic Care Protocol: Increasing Diabetic Compliance in the School System

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### Abstract

Addressing insulin-dependent diabetes mellitus (IDDM) among adolescents is a public health concern due to the higher risk for adverse IDDM health outcomes related to increased non-adherence with this age group. An examination of the current literature indicated that school nurse interventions effectively improved IDDM outcomes among adolescents. A nurse care protocol for non-compliant diabetics (NCP-NCD) among non-adherent adolescents diagnosed with IDDM was implemented in a public central Texas school district to improve student adherence to the diabetic plan of care, reduce hypoglycemic medical emergencies, and reduce absenteeism, through standardized holistic nursing care based on current evidence. Donabedian model was utilized to guide quality improvement (QI) project. Convenience sampling was used to recruit eight middle school and high school nurses who were caring for at least one nonadherent diabetic student to participate in the project. There were eleven non-adherent students cared for using the NCP-NCD throughout the timeframe of one month. Results showed an increase in knowledge, skill, and attitudes (KSA) among the project participants. Project results also showed a reduction in student absenteeism; the project objective to decrease hypoglycemic episodes was not met. Additional positive outcomes include increased parent and student engagement and participation in care as well as the desire of the middle and high school nurses to continue the NCP-NCD and expand implementation. A longer timeframe for the project implementation and a more significant number of project participants to consider for the future of the project.

*Keywords:* insulin-dependent diabetes mellitus, adolescents, non-adherence, school nurse interventions, Nurse Care Protocol for Non-Compliant Diabetics, public-school, Donabedian model, convenience sampling, parent and student engagement, middle school and high school