

## **Abstract**

Addressing type 2 diabetes mellitus (T2DM) among adults from 18 years and above is a public health concern due to the higher risk for adverse health outcomes related to increased non-adherence with this age population. An examination of current literature indicated that diet modification and increased physical activity interventions effectively improved T2DM outcomes among adults. A diabetic lifestyle modification protocol (DLMP) was implemented for patients diagnosed with T2DM in a clinic in Antelope Valley to improve patients' adherence to the diabetic plan of care, reduce diabetic complications, and medical emergencies through standard holistic nursing care based on current evidence. The Transtheoretical Model of change was utilized to guide this quality improvement (QI) project. Convenience sampling was used to recruit patients, and there were 20 patients cared for using the DLMP protocol throughout the four-week timeframe of project implementation. Results showed an increase in proportion of provider adherence to DLMP protocol for both prescription of gym and nutrition class, and skills and attitudes among the project participants. Project results also showed a decrease in body mass index (BMI), waist circumference, and reduced weight. Additional positive outcomes include increased patient and provider engagement and participation in care, as well as the desire of providers to continue the DLMP protocol and expand implementation. A longer timeframe for the project implementation and an increase in the number of project participants should be considered for future projects.

*Keywords:* DNP Project, Diabetes Mellitus, Type 2 diabetes mellitus, Provider intervention, Diabetes Lifestyle Modification Program, Transtheoretical model, Convenient sampling, Provider and patient engagement.