Abstract

Metabolic Syndrome (MS) is considered to be a group of biological factors that are characterized by abdominal obesity, dyslipidemia, hypertension, and type 2 diabetes mellitus (Moore, Chaudhary, & Akinyemiju, 2017). MS increases the risk of coronary heart disease (CAD). The DNP project investigated if educating primary care providers on how to identify individuals who meet the criteria for metabolic syndrome and implementing a protocol for treatment and prevention of impaired fasting glycaemia, resulted in improved patient health outcomes. The doctor of nursing practice project described in this paper used Orem's Self Care Theory, and Leininger's Transcultural Theory of Nursing as the theoretical. The goal was to reduce MS, by promoting compliance with appropriate self-care modification techniques in a culturally competed manner. The purpose of the project was to evaluate Nurse Practitioner (NP) knowledge pre and post education implementation and to analyze if there were lower blood glucose levels following the project intervention. The results proved to have positive findings; the majority of participants had improved blood sugars levels four weeks post intervention.

References

Moore, J. X., Chaudhary, N., & Akinyemiju, T., (2017). Metabolic Syndrome Prevalence by

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http://dx.doi.org/10.5888/pcd14.160287