

Evidence-Based Practice: Focus on Diabetes

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Diabetes is a widespread disease, and it affects different people worldwide. Individuals diagnosed with diabetes frequently experience health concerns since the disease alone causes related health issues. People struggling with obesity develop diabetes, and it kills many people yearly compared to AIDS and cancer combined (Straus et al. 2018). Given the widespread nature of diabetes, people globally spend a lot of funds on healthcare costs associated with diabetes (Schmidt & Brown, 2017). In the United States of America alone, around \$249 billion was spent, with many of the young people getting diabetes. These numbers are expected to increase twofold

in 2050 (American Diabetes Association, 2018). The goal of this project is to define diabetes, its causes, and possible remedies towards containing the disease.

Clinical trials are crucial towards giving researchers the chance of carefully testing diabetes medications before seeking the approval of the Foods and Drugs Authority (FDA) and releasing the drugs for the public (Care, 2019). Clinical trials give the research a chance of comparing and contrasting the levels of blood glucose for the patients, tracking the metabolism, and monitoring the functionality of organs. This is also a case for consideration in this research paper.

This study will target individuals of every age and gender who are affected with or are at high risks of diabetes. The indicators for intervention include the exposures to disease, the risk behaviors, and the prognostic factors. These are essential towards having an understanding of the best measures for intervention to undertake whenever handling any prevention approaches. This study will also provide the time it takes for specific responses to accomplish the outcome or the time for the observation of the participants.

References

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