

Gonzaga University

## The Repository of Gonzaga University

---

NURS 404/406 Research & Info Management

Nursing Student Scholarship

---

Spring 2024

### Health Literacy of Low-Income Diabetic Patients

Bella Hanna

MaCaila Beck

Sarah Ott

Michele Shaw

Follow this and additional works at: [https://repository.gonzaga.edu/nursing404\\_406](https://repository.gonzaga.edu/nursing404_406)

---



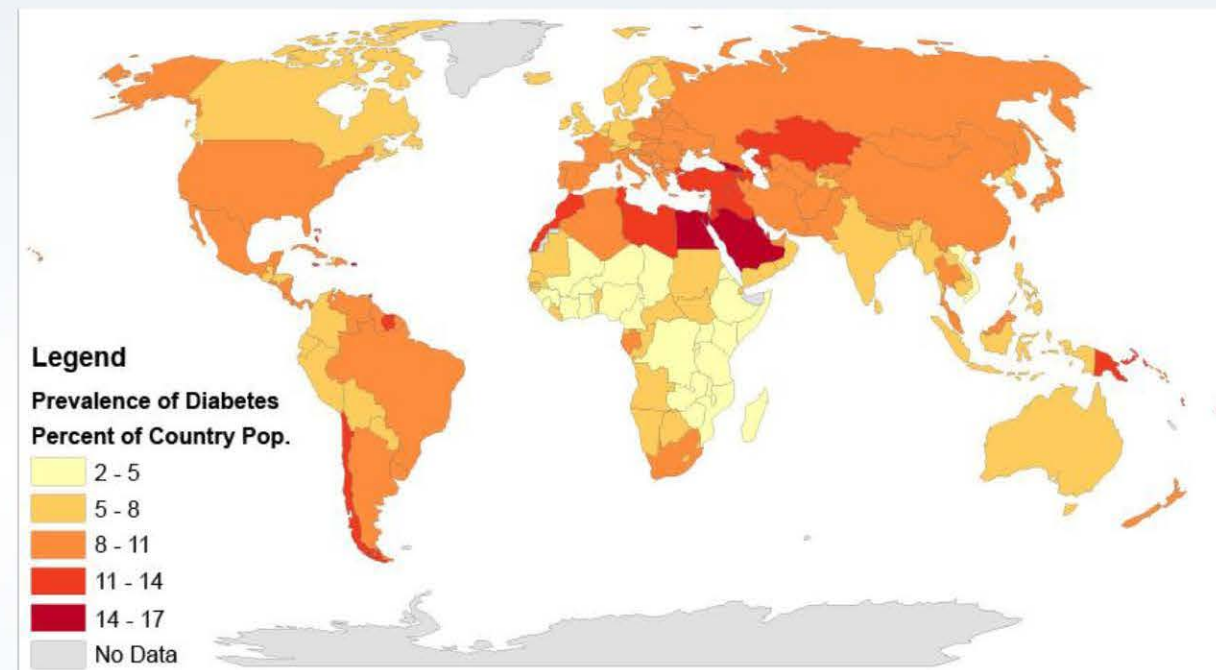
# Health Literacy of Low-Income Diabetic Patients

Bella Hanna, MaCaila Beck, Sarah Ott, Dr. Michele Shaw: Department of Nursing, Gonzaga University



## Background

- Global rates of diabetes are on the rise. The World Health Organization states that “422 million people worldwide” have diabetes, the majority of which live in low-income countries. Many low-income patients diagnosed with diabetes have little to no access to diabetes related education in order for them to better understand their illness and how to manage it.



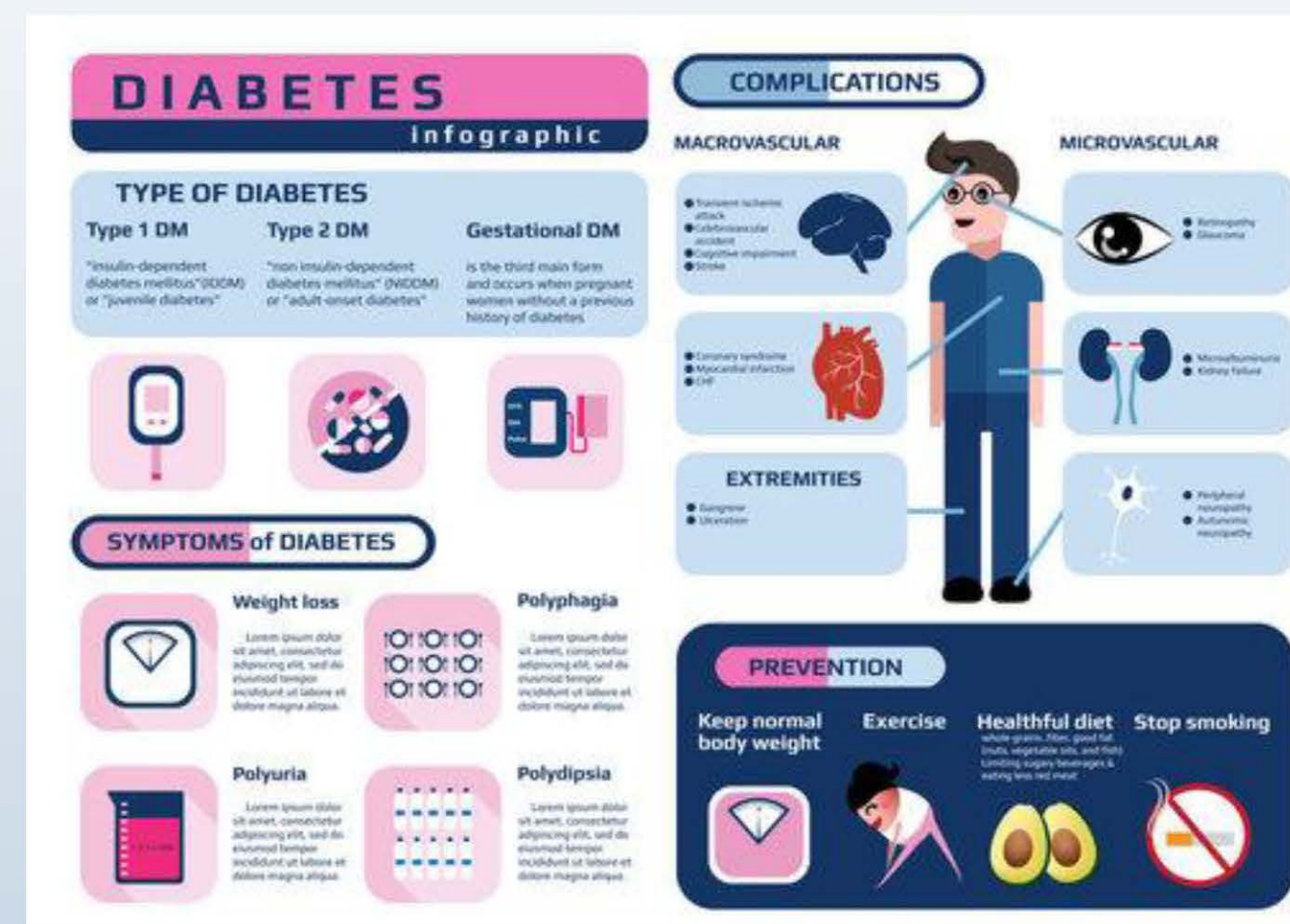
- Numerous studies show that when diabetes related education is provided, patients experience better health outcomes. Furthermore, the cost of managing diabetes is incredibly stressful for many people, as all the materials and medications can be quite expensive. Ideally, the education and cost of diabetes should be accessible for all in order to promote positive health outcomes for individuals with this lifelong illness.

## PICOT Question

How does the socioeconomic status of adults with diabetes influence their health outcomes?

## EBP Intervention

- All healthcare facilities are legally required to provide newly diagnosed diabetics with a diabetic starter kit, free of charge.
- Starter kit includes an information binder, blood glucose testing supplies, and the first prescription of medications.
- Binder includes general information to increase knowledge of the disease, including its pathophysiology, management, and complications.
- Binder contains personalized information, including a diet and exercise plan for each individual.
- Starter kit contains a glucometer, pack of test strips, lancets, alcohol swabs, and clear patient teaching on its usage.
- Starter kit provides the first set of prescriptions, including pertinent patient education such as name, dose, route, reason, and side effects for each medication.



## Expected Outcomes

- Improving medication adherence by providing patients with clear education and supplies to lower costs
- Improve patient's overall health and adherence by providing their first round of medications free of charge
- Patients will develop a diet and exercise plan that aligns with their diabetic demands and promotes an active lifestyle
- Patients will experience improved lifestyles and health outcomes after implementing these evidenced based practices

## QR Code for References

