

## Diabetes exercise protocol based on comorbidities

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**Purpose:** Implement an evidence-based exercise protocol based on participant's level of comorbid conditions to guide interdisciplinary healthcare professionals in the prescribing of appropriate exercise regimens for patients living with type 2 diabetes in primary care.

**Data Sources:** The evidence utilized to create this protocol was based on a substant overview of the literature first focusing on randomized control trials then expert opinions. CINHALL 1987-2016 and PUBMED 1986-2016 databases were searched to uncover pertinent literature; specific attention was also given to literature which explicated Penders Health Promotion Model (HPM).

**Conclusions:** Application of portions of Penders HPM as a guide when implementing a diabetes exercise protocol into practice has potential to avoid additional diabetes related complications and safely direct interdisciplinary healthcare professionals in prescribing appropriate exercise regimes in primary care.

**Implications for Practice:** The obesity epidemic is directly associated with the increase in type 2 diabetes. Obesity coupled with type 2 diabetes serves to further complicate the patients metabolic profile and risk for further complications. Diabetes exercise protocols need to be individualized and based on the patients current level of complications. Having a protocol algorithm can be of assistance in this area as it is a cost-effective tool that can be utilized for improving the health outcomes of patients with type 2 diabetes through safely directing exercise related behavior change in primary care.

### Biography:

Doctor of Nursing Practice that encompasses the ability to provide leadership and practice proficiency that engenders the delivery of quality of healthcare services to all individuals for the attainment of favorable health outcomes. Owns a primary care practice, Quality Health Care Services, PA in Jackson, MS and serves as a nurse educator for Alcorn State University, Natchez, MS. Received Doctor of Nursing Practice from University of Alabama at Birmingham, Birmingham, AL; Master of Science in Nursing (Family Nurse Practitioner) at Alcorn State University, Natchez, MS; and Bachelor of Science in Nursing from the University of Mississippi Medical Center, Jackson, MS.