

# Diabetic Training for Nurses through an Evidence-Based Bundle

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## Background

**37%** increase in type one and type two diabetes in women prior to pregnancy, along with a **56%** increase in gestational diabetes from 2000-2010

It is imperative to incorporate continuing education as this helps maintain diabetic knowledge and advance nurses' overall competence in this area.

The **purpose** of this quality improvement project is to initiate a standardized diabetic training process for RN staff within the Labor and Delivery Unit at Vanderbilt University Medical Center through the implementation of an evidence-based diabetic training bundle.

## Methods

### Pre-implementation evaluation

Knowledge test/Pre-survey questionnaire

### Project implementation with staff training

Learning Exchange System module  
In-person or zoom training for diabetic nurse champions with incorporation of the teach-back method

### Post-implementation evaluation

Knowledge test/Post-survey questionnaire

### Data analysis

Analyzing pre- to post- tests/surveys

### Setting

Labor and Delivery Unit  
at Vanderbilt University Medical Center

### Inclusion

Current full time, part time, and per diem nurses

### Exclusion

Travel Nurses

## Framework

### Kurt Lewin Planned Change Theory

Unfreezing	Changing	Refreezing
Current practice does not include any required standardized diabetic education for nurses	Collaboration with Maternal Fetal Medicine team developing educational materials for nurse training	Determination of effectiveness with data analysis ultimately creating a standard process for training

## Results

### Data results are currently pending.

Anonymous data extraction from the Learning Exchange System including pre- and post-test/surveys

Utilization of the paired t-test aiming for improvement in knowledge and confidence levels

## Implications

### How will this impact the setting/population?

We hope to improve nurses' knowledge and confidence as evidenced by improvement from pre- to post-test scores/RN surveys and successful utilization of the teach-back method.

### How is this sustainable?

This DNP project establishes a process for diabetic training for utilization on other units within VUMC.

-Quarterly emails with "tips" and frequently asked questions sent to staff by diabetic nurse champions



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