Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Family Nurse Practitioner

Ashley N. Koon

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Prediabetic Screening Tool in Primary Care

Date: July 12, 2023
Time: 12:30 p.m. to 1:15 p.m.
Place: Rm 2 - Seton

Abstract

Problem: Diabetes mellitus is a chronic health condition that affects millions of individuals each year. In addition, it is known as the seventh leading cause of death. While guidelines recommend using evidence-based screening tools, many primary care practices do not implement them. Therefore, potentially resulting in delayed identification and implementation of primary and secondary prevention strategies.

Methods: This quality improvement (QI) pilot project utilized a descriptive, observational study design. The American Diabetes Association Risk Tool (ADART) was administered to a convenience sample of patients aged 18 to 44 years old without a previous diagnosis of prediabetes or diabetes mellitus, seeking care in a primary care setting. Data was collected during the 12 weeks of this quality improvement project implementation and included the number of patients seen daily, screenings administered, and the ADART scores identifying those at risk for prediabetes and type 2 diabetes mellitus. In addition, data was collected specifying the number of referrals the primary care provider offered for further diagnostics.

Results: After implementing this QI pilot project, 131 participants were screened utilizing the ADART. Of those screened, 22% (n=29) had an ADART score of five or greater, indicating they were at risk for prediabetes and diabetes mellitus. In addition, the primary care provider provided 100% (n=29) further diagnostics.

Implications for Practice: Widespread utilization of the ADART in other primary care clinics within the healthcare organization can assist in identifying individuals at risk for prediabetes and diabetes mellitus. Therefore, providing earlier identification and intervention, such as further diagnostic testing.

Defense of Dissertation Committee
Chairperson, Vanessa Loyd, DNP, Ph.D.
Committee Faculty Member, Roxanne Reid, DNP, MSN-Ed
Committee Member, Kristen Massey, FNP-BC