

Abstract

Diabetes and Weight Management Program for Adults in a Rural Primary Care Clinic: A Business Plan by Juanita O'Brien, MSN, ARNP, FNP-BC, CDE, BC-ADM, submitted July 10, 2008. Project Chairperson: Patricia Clinton, PhD, RN, CPNP, FAANP.

The purpose of this project is to develop a business plan for a Diabetes and Weight Management Program for adults in a rural primary care clinic in Southeast Iowa. The Chronic Care Model will be presented as a framework to improve the health of adults and prevent the onset of type 2 diabetes mellitus. Obesity is identified as an epidemic in the U.S. and increases the risk of chronic disease such as diabetes. OPTIFAST®, an 18 week program that includes meal substitution products, medical supervision, dietary counseling and behavioral life-style education is suggested as a plan for weight reduction. The need for a program for diabetes and weight management meets priorities set by *Healthy People 2010*. Social justice concerns and barriers to implementation of the program are discussed. The action plans for diabetes and weight management include market/risk analysis, project objectives and outcomes, and budget analysis. The concept of providing medical management for diabetes disease and obesity depends on the development of an organized system and collaboration of team members. The program is heavily dependent on a patient registry and information technology to document clinical measures and report patient outcomes. The diabetes and weight management program will need to demonstrate improvement in quality of care, effectiveness, and cost reduction in order to ease the financial burden of chronic diabetes disease and obesity within the community, state, and nation.