

## Type 2 Diabetes

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### Introduction

Diabetes is considered one of the major diseases of modern times. This occurs when the glucose level of the blood goes high (Roden and Shulman, 2019). Blood glucose is one of the major forms of energy that comes from our food regularly. There are two different types of diabetes: type 1 diabetes and type 2 diabetes.

Type 2 diabetes is considered an impairment as the body regulates and consumes glucose (Sugar) as fuel. The long term chronic condition ends up with too much sugar circulating in the bloodstream (Gurung et al., 2020). Therefore, increased blood sugar levels could result in harmful impacts or disorders. Such as impact on the circulatory system., immune system and nervous system.

## Rationale

Type 2 diabetes is one of the most harmful diseases that could cause several issues. Several risk factors are affiliated with such aspects. This includes the chances of heart and blood vessels diseases, the blood pressure issue, Low HDL, overweight and obesity. These are some of the major outcomes of type 2 diabetes (Xu et al., 2018). Based on that, it has been considered that such disorders must be studied. This will enhance the overall knowledge and highlight some of the major aspects of nursing. By following such measures, one can easily prevent themselves from this disease. Such awareness among youngsters, especially children, is important (McRae, 2018). This starts to happen at an early age. That's why the discussion of type 2 diabetes has great importance to be discussed in this regard.

## Statistical and epidemiological health data

Type 2 diabetes is one of the most common diseases that is impacting all the world. In every corner of the world, many people suffer from this issue. As per the statistics, almost 329 million people in the United States are dealing with type 2 diabetes. There are another 84 million people who have initial diabetes. This means their blood sugar level is not high enough to be called type 2 diabetes (Bullard et al., 2018). The International Diabetes Federation published its report with the latest figures of diabetic patients. It was claimed that in 2021, almost 237 million people aged between 20 to 79 years living with diabetes.

As per the statistics of the United Kingdom, in 2019, almost 3.9 million were diagnosed with type 2 diabetes (Candler et al., 2018). Almost 90% of the adults living in the United Kingdom have type 2 diabetes. It is also expected that almost one million people in the United Kingdom have not been diagnosed with diabetes.

As per the current predictions, people living with type 2 diabetes will increase to 643 million by 2030 (Gordon et al., 2018). This figure is further projected to reach 783 million by 2045 worldwide. The number of men fighting diabetes has also increased to 9.2% from 7.5% worldwide.

## Relation of health and social determinants

Lifestyle and ethnicity have much involvement in the development of type 2 diabetes. As per the age, it starts from early childhood but starts impacting life at the age of 40 and above. From the ethnic background, Alaska Native, African

American, Asian people are more likely to adopt this disease (Finer et al., 2018). Moreover, people who lead unhealthy lifestyles are at risk of this disease. This includes excess intake of added sugar and glucose.

Moreover, people with blood issues such as heart attacks, blood pressure etc., are more likely to adopt these disabilities (Hill-Briggs et al., 2021). The parents' medical history is also having some impact on the adoption of these major diseases in children.

Affect an adult throughout the lifespan.

An individual life span gets widely disturbed due to type 2 diabetes. There is a high risk of adopting this issue from childhood obesity. Therefore, they must consider their activities from childhood that might further lead to great harm. Secondly, several issues develop through these diseases when it comes to the

health impact. As a result, an individual cannot manage his normal working life (Young et al., 2018). The major health issues include heart issues, immune system disturbance, circulatory system failure, etc. All of them have a great impact on the individual's overall health. Being suffering from these diseases, they cannot tackle their regular life span.

Moreover, when it comes to the treatment, one needs to pay special attention to its diagnosis. This includes considering his role in weight loss and other treatment measures. They all require special time and effort (Qaseem et al., 2018). This can disturb their personal as well as professional life. Apart from this, treating such diseases is considered a zone of the major financial burden. One needs to manage such an amount to get treatment most effectively.

## Theory

### Social Cognitive Theory

The social cognitive theory describes the major influence of the expense faced by an individual. This includes other actions major environmental factors that could lead to impact the health behaviour of an individual (Halim and Halim, 2019). This theory provides a great opportunity for social support. This is because it develops self-efficacy, instilling expectations. There is a great reflection of observational learning in this regard that is reinforced in the achievement of the specific behaviour.

Similarly, when it comes to type 2 diabetes, it has been considered that the adoption of diabetes is social behaviour (Beauchamp, Crawford and Jackson, 2019). As claimed, this type of diabetes starts in childhood. Therefore, children who follow unhealthy eating behaviour early are more likely to get involved in this regard. Therefore, one needs to focus on aspects like self-efficacy, self-control and observation learning. They need to understand the consequences of type 2 diabetes and take necessary precautions. The theory claimed that observational learning might be impactful in treating developing good behaviour (Valizadeh et al., 2019). By taking an example of diabetic patients and their lifestyle, one needs to focus on their actions. The major concern should be focused on health promotion, which is one of the necessary measures.

### The health belief Model

The health belief model has suggested that the belief of a person on the threat of illness and diseases develops a belief. Such belief is quite effective in recommending healthy behaviour to an individual (Barron et al., 2020). The actions of such a person predict the significant likelihood for the adoption of the new behaviour.

Therefore, in terms of spreading awareness about the consequences of type 2 diabetes, one can easily adopt precautionary behaviour in this regard (Athbi and Hassan, 2019). This is based on providing good health facilities that individuals could easily diagnose through guidance.

Most people are unaware of the major issues and health concerns related to type 2 diabetes. Therefore, by showing them the major consequence in this regard, one can easily control all the major aspects in the most effective manner (Le et al., 2021). Avoiding the extra intake of sugar and regular exercise could be the best solution to this issue. It can easily get satisfied by developing people's beliefs regarding health and type 2 diabetes.

## Role of the adult nurse

Nurses are the major role players in managing this special type of disease. They can provide valuable dietary advice that is linked with a healthy lifestyle. The major aim behind this action is to help people at risk of developing type 2 diabetes. The nurses in this regard could take necessary steps to play an important role and reduce the impact. This might happen through proper awareness and warning signs that could be provided to the people who are coming for treatment (Tabesh et al., 2018). Other than that Nurses can provide special treatment and medication process for managing type 2 diabetes. The nurse monitor and diagnose the condition of the patients and then apply appropriate medication in form of pills and insulin.

Nurses in this regard can easily recognize the signs and symptoms of type 2 diabetes. They already possess some of the knowledge in this regard that allows them to take necessary action for management (Świątoniowska et al., 2019). Therefore, by the proper actions, these nurses can diagnose this behaviour and conduct proper treatment.

## Conclusion

Type 2 diabetes is one of the major concerns of modern times. This is equally happening all over the world. The adoption of type 2 diabetes starts from an early age and impacts the overall lifestyle of an individual. Several people are suffering from this cause. The ethnicity, lifestyle and other patterns are contributing greatly to this disease. This is happening because people are not aware of these issues much more effectively. Based on that, nurses can play a great role in the awareness program and treatment measures. They can diagnose the diseases and should take necessary actions to manage them before they lead to serious outcomes.

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