



# Type 2 Diabetes Management: Lifestyle Interventions & Technology



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## What Did I Discover?

- Continuous glucose monitoring (CGM) increases patient awareness
- Patients make better daily decisions with real-time data
- Lifestyle changes (diet + exercise) improve blood glucose control
- Education programs improve self-care behaviors
- Combining technology + education leads to better outcomes



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## What Is Known?



- Type 2 diabetes is strongly influenced by lifestyle behaviors
- Diet and physical activity are key to glycemic control
- CGM improves understanding of glucose patterns
- Multidisciplinary education improves patient outcomes
- Lifestyle interventions can improve quality of life and may lead to remission

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## Knowledge Gap

- Limited long-term data on CGM and behavior change
- Lack of diverse populations in studies
- Limited research on cultural influences in diabetes care
- Few studies combine technology with culturally tailored care



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## Future Research Needs

- Long-term studies on CGM use
- Research in diverse and underserved populations
- Studies on culturally congruent interventions
- Combining technology with personalized care approaches

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## Implications for Nursing Practice

- Provide patient-centered care
- Use culturally congruent care in teaching
- Adapt education to patient's health literacy level
- Encourage diet, exercise, and self-monitoring
- Use tools like CGM to support learning
- Collaborate with a multidisciplinary team



## References

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