Nursing Student Research Proposal

### Title

**Impact of Structured Patient Education on Self-Management of Type 2 Diabetes Among Adults**

### Abstract

A concise overview that includes the background, aims, methodology, expected outcomes, and significance of the research. This should not exceed 300 words and should encapsulate the essence of the proposal.

### Introduction

* **Background:** Discuss the prevalence of Type 2 Diabetes and the importance of effective self-management in improving patient outcomes.
* **Significance of the Study:** Highlight the potential benefits of patient education programs in managing chronic diseases like diabetes.
* **Research Problem:** Address the specific challenge or gap in current nursing practices related to diabetes management.
* **Research Objectives:** For instance, to evaluate the effectiveness of a structured patient education program on the self-management capabilities of diabetic patients.
* **Research Questions:**
  + What are the effects of structured patient education on the self-management behaviors of adults with Type 2 Diabetes?
  + How do patients perceive the impact of education on managing their diabetes?

### Literature Review

* **Theoretical Framework:** Introduce theories and models of patient education and behavior change that support the research.
* **Review of Related Literature:** Analyze previous studies focusing on diabetes education and self-management, noting findings, methodologies, and gaps.

### Methodology

* **Research Design:** Outline the study design (qualitative, quantitative, or mixed-methods), explaining the choice based on the research questions.
* **Data Collection Methods:** Specify tools and techniques to be used, such as structured interviews, educational interventions, and follow-up surveys.
* **Sample:** Describe the selection criteria for participants, sample size, and the rationale for these choices.
* **Data Analysis:** Explain how data will be processed and analyzed, mentioning any software or statistical tools to be employed.

### Ethical Considerations

* **Ethical Approval:** Discuss the process of obtaining ethical approval from relevant committees.
* **Participant Consent:** Outline how informed consent will be obtained from participants.
* **Confidentiality:** Describe measures to protect participants’ privacy and data.

### Expected Outcomes

* **Implications for Practice:** Describe how the results could influence nursing practices or education strategies.
* **Contribution to Knowledge:** Address how this research will add to the existing body of knowledge in nursing and patient education.

### Timeline

Provide a detailed timeline for the project, from the initial literature review to data collection, analysis, and final presentation.

### Budget

List potential costs associated with the research, including travel for fieldwork, materials for educational sessions, and any compensations for participants.

### References

List all references in an appropriate format, ensuring all cited works are included.

### Appendices

Attach any additional documents such as questionnaires, educational materials, and consent forms.