Name

Professor

Course

Date

Annotated Bibliography

Ezequiel, Pinto et al. "Do Patients Value Nutritional Therapy? A Quantitative Study In Type-2 Diabetes Patients". International Journal Of Diabetes And Clinical Research, vol 4, no. 2, 2017. Clinmed International Library, doi:10.23937/2377-3634/1410079.

**Main Purpose**

The researchers of this study examined the value that patients with type 2 diabetes link to therapies related to nutrition. Additionally, it analyzed the potential hindrance to patients’ adherence to these therapies. The study was conducted in Faro municipality in a clinic with diabetic patients. The participants of the study consisted of patients admitted to receive healthcare in a diabetic clinic. The research sample consisted of sixty two patients where male participants were 53% while female participants were 47%.

**Description**

Approaches to treatment as well as prevention of type 2 diabetes depend on changes of lifestyles, diet, and exercise. The adherence to components of diabetes treatment is independent of each other. The researchers carried out a quantitative evaluation using non-random sampling method to analyze data. They used quantitative interviews to gather data about nutritional habits, physical activities, and lifestyles

**Findings**

The researchers analyzed the opinions and perceptions of type 2 diabetes patients and found that they perceive food as vital requirement and has a critical significance in their lives. Some said that food is imperative in community gatherings while others said that it provides them pleasure. All the participants agreed that food is critical among diabetic individuals. **Shortcomings**

The research was biased because it had more male participants (53%) than female participants (47%).

**Conclusion**

The researchers concluded that diet is essential in treatment of patients with type 2 diabetes. However, individuals did not value diets diabetic therapies as they do with pharmacologic therapies. They also suggested that it is difficult for patients to engage in recommendations concerning nutrition. They argued that type 2 diabetic patients are not offered the required tools to adhere to nutritional recommendations. They recommended that for patient to manage their individual care, they should be empowered to perceive nutritional therapies to be as essential as other therapies like pharmacologic.

**Importance of this research**

This research study offers evidence on factors that affect the adherence of patients to type 2 diabetes treatment. These factors include social and economic factors, safety issues, lack of proper education, and pharmacological therapies. Other factors are clinical disinterest, beliefs, ethnicity, as well as social support.

Maximino, Danielle Aurília Ferreira Macêdo et al. "Difficulties Found By Persons Living With Diabetes Mellitus: A Quantitative Analysis". International Archives Of Medicine, vol 10, 2017. International Medical Publisher (Fundacion De Neurociencias), doi:10.3823/2373.

**Main Purpose**

The goal of the researchers was to find out key challenges that patients with diabetes mellitus face through the analysis of their socio-economic conditions. The research was conducted in a healthcare facility in the city of Camutanga. The study’s population comprised of one hundred suffering from diabetic people. Majority of the study population were 65 years and above, have primary level education and receive minimum income.

**Description**

The characteristics of diabetes mellitus include hyperglycemia, which involves high levels of glucose. Diabetes mellitus is essential to general health sector because it is burdening healthcare institutions due to elevated number of patients. However, it is possible to reduce the rate of this disease by using various measures such as exercise, healthy diets, and encouraging weight loss.

**Findings**

The findings of this study indicated that the number of patients with diabetes is elevating because of increasing and aging of population and increased growth of urban centers. Also, the elevation results from increased obesity, inactive lifestyles, and increased number of diabetes mellitus survivors. They also found that most of the participants had problems with meeting the special needs necessary for their condition. They then retire, which consequently leads to further complications.

**Shortcomings**

This research study did not provide previous research on diabetes mellitus. Literature review would have been helpful in providing the foundation for researchers to understand the problem of their research.

**Conclusions**

The authors of this study concluded that the difficulties that patients with diabetes mellitus face include lack of connection between healthcare providers, patients, and their families. Family healthcare strategies are essential because they help to prevent chronic non-communicable illnesses. However, it is difficult for healthcare providers to confront patients and force them to accept proper nutrition, exercise, and support from their families.

**Importance of this research**

This research study provides evidence on various factors that healthcare providers should focus on when determining the difficulties facing patients with diabetes mellitus. These factors include marital status, income, and schooling. These are some of the determinants that influence the management of diabetes mellitus.

Works Cited

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