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EBP protocol to support the use of olive oil for managing type 2 diabetes

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Type 2 diabetes (T2D) is a worldwide issue. The main causes of early death resulted from cardiovascular risk factors associated with T2D. The problems associated with T2D is life threatening. In this review of the evidence supporting the use of olive oil for managing T2D, scoping searches were undertaken using different websites and databases including Cochrane Databases, PubMed and EBESCO. The main keywords used during search were "olive oil" and "type 2 diabetes". The association between olive oil consumption and T2D was examined. Olive oil has been shown to improve numerous cardiovascular risk factors, while controlling blood sugar level and preventing T2D complications. Olive oil consumption among T2D patients compared to non-consumption of olive oil, and its effects on blood glucose level need further explanation. Therefore, the aim of this review is to develop a protocol and provide recommendations for managing T2D in adults, focusing on daily olive oil consumption to control blood glucose level and prevent T2D complications. The evidence base-practice (EBP) guidelines include: Assessment of diet consumption, plan of implementation and patients' education. This policy applies to adult (aged 18 or older) type 2 diabetic patients and excludes type 1 diabetic patients and children. The suggested guidelines will decrease the level of blood sugar and weight; prevent T2D complications, improved lipid profiles and lower costs.

Biography

Abeer Aseeri has completed her BSN from King Khalid University (KKU), Saudi Arabia. She is currently an MSN student at Indiana University of Pennsylvania, USA. She has worked as a Clinical Instructor in Nursing School at KKU.

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