

Part V Planning and Implementation

A. Goals of Project

As Community health nurses we are promoting health and efficiency, through organized community effort for prevention and control of infectious diseases. Our practice promotes and preserves the health of populations by incorporating the skills and knowledge relevant to both nursing and public health. Based on our conversations with the seniors, we decided to educate our seniors on nutrition of a diabetic

The goals of our project are to inform seniors about:

- Diabetes nutrition
- Statistics about diabetes
- Complications
- Benefits of controlling diabetes
- Myths and facts
- Food substitutions
- Cutting down on sugar
- Proper portion sizes
- Incorporating favorite snacks
- Checking blood sugar levels

B. This semester my fellow class mates and I had the privilege to educate the seniors at the Stein Center located 204 23rd street, in the area of gramercy and murray hill. Time spent at the center did not just benefit the seniors, but helped us as well in understanding the senior population in that area.

C. After making an announcement in the dining area about our presentation on diabetic nutrition, seven community participants arrived and were ready to learn. Towards the end, pamphlets were given and questions were asked.

D. Community organizations that provided assistance with the project were:

- American diabetes association

We received numerous amounts of pamphlets, referrals and other resources pertaining to nutrition. The organization provides us with knowledgeable and accurate information to give the seniors. The pamphlet that was most helpful was the portion plate material. It gave the seniors a visual aspect of what their portion should look like. The referral and resources were also helpful in notifying where seniors can get additional information and free items pertaining to diabetes and nutrition.

- American Nutrition Associated

We also received additional information on nutrition because this was our main focus of this topic. The given information helped us to promote optimal health through nutrition and wellness education.

This semester's clinical rotation site was at the Stein Center located 204 23rd street. Every one there was very welcoming. In clinical we did a lot of activities and tasks such as helping seniors with their book sales, taking blood pressures every week, serving the meals, and simply conversing with seniors. When my classmates and I would just sit and converse with seniors, it would be the highlight of their day. It feels great to know by just being there and listening could change their day.

Throughout multiple conversations my classmates and I realized it would be most beneficial for the seniors if we did a presentation on diabetes nutrition. The goals we aimed to strive were for the seniors to have a better understanding not the concept of a diabetic diet but a of healthy eating, start to incorporate the given information, ask questions, and know the different resources in which they contact for more information. In the collaborative process to achieve these goals, my classmates and I decided to divide the topics that were going to be covered to ensure we cover everything in detail. The given information was mainly on nutrition, however to have a better understand on that we also touched base on blood sugar level readings. We also made sure we had plenty of handouts to give out so they can refer to for any additional information in the near future. The goals were accomplished by discussing statistics about diabetes, complications that can occur if not controlled, benefits of healthy eating for diabetes, myths and facts, food substitutions, cutting down on sugar, proper portion sizes, incorporating favorite snacks, and checking blood sugar levels. This project was very beneficial to the community because diabetes is very common especially among seniors. It was important to inform them not only on controlling but to prevent diabetes.

