

**Canadian Doctoral Nursing Network Conference Abstract Submission: A Multiple Method Evaluation
of a Nurse-Led Low Carbohydrate and Intermittent Fasting Intervention for People Living with Type 2
Diabetes in New Brunswick**

Renée Gordon

Year 2 PhD in Nursing Student

School of Nursing, Queen's University

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Problem: A growing number of clinicians offer low carbohydrate (LC) and intermittent fasting (IF) interventions to clients with Type 2 diabetes mellitus (T2DM). Few studies on these interventions report nurse involvement and very few are nurse-led, despite nurses leading roll in health promotion and disease prevention.

Objectives: This thesis will evaluate a nurse-led LC and IF dietary intervention for the treatment of T2DM in New Brunswick.

Methods: A sequential [QUANT → qual] multi-method design will be used for this project. The Chronic Care Model (Wagner, 1998) will be used as a guiding framework. The first study aims to answer the following question, using retrospective quantitative chart review:

1. Is a nurse-led LC and IF intervention an effective treatment strategy for people living with T2DM?
 - a. Does a nurse-led LC and IF intervention:
 - i. Improve insulin sensitivity, lipid profile, and anthropomorphic measures (e.g., weight, waist circumference, and blood pressure)?
 - ii. Result in T2DM and/or hypertension medication dosage reduction and/or deprescription?
 - iii. Support the achievement of T2DM remission? (Defined as HbA1c of < 6.5% for a minimum of three months, without the use of glycemic control medications excluding metformin; Hallberg et al., 2019; Ramos-Levi et al., 2013)

Qualitative interpretive description will be employed for the second study to answer the question:

2. What are participants and clinician perceptions and experiences of this intervention?

Implications: This project may demonstrate the contribution nurses can make to healthcare policy and practice, to improve health outcomes for people living with T2DM and produce healthcare cost savings.

References

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