



Presenter: Taylee Carscadden

Session & Time: Poster_II / 1:00 to 1:50pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Deborah Meshel

Digital Portfolio URL:

Title: Optimizing Your GLP-1 Without Relying on Drugs: A Nursing Led Approach to Sustainable Weight Loss Without GLP-1 Agonist Use

Abstract:

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The increase in off-label Glucagon-like peptide-1 (GLP-1) receptor agonist drugs, such as semaglutide (Ozempic), for weight loss has sparked concern regarding the not fully understood drug outcomes and safety. GLP-1 agonists were originally developed to manage Type 2 Diabetes Mellitus, but have been widely prescribed for obesity management despite minimal research on prolonged use in non-diabetic patients. This research proposal explores how off-label use of

GLP-1 agonist drugs exacerbate various adverse health outcomes, highlighting gastrointestinal complications, and the very possible dependency on drugs for weight management. Additionally it will assess the efficacy of nursing-led education on the implementation of holistic lifestyle modifications including dietary changes, exercise, and supplementation when naturally enhancing the body's endogenous GLP-1 levels and sustaining improved metabolic health. Through a 24-week quasi-experimental design, this proposal will compare two groups: one receiving GLP-1 agonist drugs for weight loss and another undergoing nursing-led holistic lifestyle modifications. Outcomes to be assessed for progression between the groups include weight loss sustainability, hemoglobin A1c (HbA1c) levels, and serum GLP-1 levels. This proposal aims to inform prescribing medical professionals, policymakers, and those seeking weight management strategies about the superior long term results of non-pharmacological, holistic approaches as a safer and more robust alternative to GLP-1 use, overall promoting improved public health outcomes.