

Proposal Research

Part I**Executive Summary**

This proposal aims at reviewing the delivery of health services in the United States to evaluate the extent to which the mode impacts the patients suffering from persistent diseases such as diabetes and cancer. This will be important because the threats, which such diseases pose on people in the United States, have persisted and all attempts to control them have had little success. In this regard, delivery of health services in the country remains very critical as the author tries to counter the diseases. The proposal outlines the main objective and the purpose of the study and rationale. This will be followed by stating the qualification of the researcher, after which, an analytical literature review.

The methodology used in the research includes questionnaire, random sampling and interview and they will be adequately discussed, thereafter; the proposal then presents expected findings and the implications followed by the conclusion. It is noted that the problem of increase in weight is on the rise due to poor health service delivery methods, and that the consequences range from excessive eating of food with high protein and fat content due to the lack of information about their disadvantages. Another aspect to be examined will be the ways in which the governmental and non-governmental hospitals in the United States address various health service delivery methods.

Introduction

The proposal focuses on a real life and real time situation in the delivery of health services in the United States and how such systems control lifestyle diseases such as diabetes and cancer. The diseases pose a great health challenge in the United States, and the problem is on the rise due to improper health service delivery methods, thereby leaving health officials and the government of United States to look into the ways to control the diseases. Remarkably, healthcare delivery services are essential and carried out in the country to educate the people on the best eating habits that may save them from being overweight. The threats of diabetes and cancer are reduced depending on the health service delivery methods used by medical practitioners to ensure that as many people as possible are informed on the dangers of the scourge (Offredy & Vickers, 2010). There are efforts to pass legislation to help deal with the rise of poor health service delivery methods responsible for causing such diseases. Moreover, a research on overweight leads to the issue of prevalence rate and the kinds of health service delivery methods that medical facilities adopt in dealing with patients.

Thesis Statement

Even though the use of appropriate healthcare service delivery methods are encouraged in medical institutions in the United States, the implementation of such programs is under a threat since people still die of lifestyle diseases such as diabetes and cancer.

Objective of the Study

The main objective of the research proposal will be to establish the relevant health service delivery strategy that would reduce the impacts of lifestyle to help manage the disorders.

Purpose Statement and Rationale

The purpose of the proposal will be to establish the best health service delivery so as to counter the causes and increasing risks of diabetes and cancer in United States. In addition, the extent to which the diseases affect the people in the United States will be established after looking at individual cases. Also the relationship between the health service delivery methods

used, the economic status and the rate of infection in the country will be determines. The proposal will also seek to clarify whether the applicable health service delivery methods are responsible for the increasing rate of diabetes and cancer cases in the U.S. Individual response to the health service delivery methods will also to be carefully looked into (Offredy & Vickers, 2010).

Rationale

The main reason for carrying out the intended research is the reduce in the number of people suffering from lifestyle diseases such as diabetes and cancer in the U.S, by using more appropriate and up-to-date health service delivery methods. The proposal will also seek to address this health challenge, which exposes a great danger to the majority of the world population. In other words, there is justification for the need to conduct the study, which is the sensitivity of the issue addressed, and therefore, the research is necessary. The other reason for conducting the research is to identify the extent to which the government of the United States and other organizations regards the best health service delivery methods.

In the proposal, the researcher intends to include the following three sub topics; the meaning of health service delivery systems, which addresses into the details of the applicable methods. Secondly, evaluating people's knowledge of the health service delivery methods that seeks to establish people's understanding of the delivery mechanisms. Finally, it will evaluate a number of attempts made to be considered when implementing or enforcing health service delivery methods. Moreover, it will address relevant ways to deal with the situation to achieve most of the intended programs. Indeed, the proposal will seek to determine whether the rate at which health service delivery on one side, and diabetes and cancer infection on the other side increases with the implementation of particular health service delivery methods. Alternatively, it will evaluate whether the health service delivery methods are dependent on the hospital's financial status or not.

Statement of Qualification

The researcher will be a degree holder from the University of Massachusetts, and has fifteen years of relevant experience. Besides, he carried out two important research works in the last six years. The latest research work that he conducted was on the cost of resettling illegal immigrants from the United States of America, which ended eight months ago. This followed another research that he did two years ago on the topic named destruction of the Amazon forest. These sentiments assert the idea that the researcher is experienced enough to carry out the research, and come up with proper findings and recommendations.

Literature Review

Literature review seeks to explore a set of ideas from other scholars concerning the topic or specific question. Health experts and nutritionists have claimed that the manner in which health service delivery methods are executed could be responsible for increasing the rate of lifestyle diseases such as diabetes and cancer (Offredy & Vickers, 2010). Ideally, poor methodologies are responsible for nutritional disorders, which are well known causes of diseases such as the coronary artery one. Besides the negligence in undertaking proper health service delivery methods, the infections are on the rise and will continue increasing in the United States (Yahia et al., 2008). Studies have shown that the diseases cut across the gender, social and economic division in the country. It means that any attempt to establish the health service delivery methods in the United States ought not to be biased, but to address the real issues.

Studies have shown that the distribution of overweight people in the United States is due to disposed health service delivery methods, which are neither inclined to the urban nor to the rural areas. Studies have shown that the prevalence rate of diabetes and cancer is at a gross rate of 35.5 percent, meaning that the health service delivery methods have not achieved the intended outcomes (Micahael & Jonathan, 2008). All attempts to adopt recommended health service delivery methods are more than welcome, thus the intended research will be very useful.

Scholars attribute the lack of the methods adherence to age, sex, employment, social, and cultural factors among many others.

Whereas some scholars attribute the non-implementation of health service delivery methods to economic status of the medical facilities, others claim that it is as a result of poor planning and execution of programs by the medical staff (Offredy & Vickers, 2010). It is notable that a majority of the world's population like consumption of fatty diet, and the food with very high sugar content despite the attempts of the medical personnel to provide guidelines (Yahia et al., 2008). Such food increases the problem related to lifestyle complications, making the delivery of healthcare services to eradicate diabetes, cancer and other lifestyle diseases. However other scholars have stated that the awareness created on issues related to health service delivery methods has not bore fruit.

In essence, many people claim that fatty food does not merely cause the diseases and that the underlying factor is the rate of consumption. Indeed, the argument can be considered true since it is not easy to establish the rate of consumption versus the health service delivery methods used in controlling the diseases (Micahael & Jonathan, 2008). Furthermore, the weakness of research is attributed to the fact that some of the methodologies of service delivery used in hospitals are subject to manipulation. For example, the use of verbal methodology, where it is through canvassing that the information required is received. Canvassing can lead to automatic fooling of an individual through pretense, meaning that the required information may not be received in time (Offredy & Vickers, 2010).

Other studies have found non-adherence to the health service delivery methods used based on gender. For example, overweight prevalence in male is higher than in female, a fact attributed to the fact that male individual consuming a lot of beer. There has been an argument that the prevalence rate of diabetes and cancer in the United States increases with age, and asserts that as an individual grows, his consumption increases thereby increasing the overall quantity of nutrients consumed (Yahia et al., 2008). The nutritional concern includes sugar and

fats which are a major contributor to overweight. This means that health service delivery methods used have not failed, but the intended people do not pay attention to the regulation as required.

Some scholars have claimed that the socio-demographic aspect of the population in the country affects the health service delivery methods used (Offredy & Vickers, 2010). The argument is based on the idea that there is a social class, and that most of people who are defiant and would not pay attention to what is required (Micahael & Jonathan, 2008). As a result, they end up misusing the available food resources; hence the belief that overweight is of a social class. The idea also stresses the opinion that the demographic trends or population character has a lot of concern to play in the quest for knowledge about overweight prevalence and upholding the health service delivery methods to be used (Yahia et al., 2008). However this claim has been criticized by those scholars who base their argument on the level of education.

Methodology Design and Applicable Procedures

In doing this study, a number of research methods will be suitable and could be employed to answer the question, but the researcher found it necessary to use mainly random sampling method, questionnaires and personal interview (Bergh & Ketchen, 2009). The methods will be selected due to the nature of research and data that is going to be conducted and collected respectively in order to achieve its objectivity. However, in case the research would require a different data collection approach to facilitate the study, the researcher would be free to choose an appropriate methodology (Blessing et al., 2009). This will save time and help achieve the objectivity of the study.

The statistical approaches that the proposal outlines will be easier to use in data analysis and in presenting the findings. For this case, a t-test and f-test statistical analysis as well as SPSS will be used to evaluate and interpret the collected data (Blessing et al., 2009). These statistical analysis tools have been selected because they can be used for both qualitative and quantitative

data. The variables for the study will be empirical and non-empirical, but must be within the research objectives.

Some of the assumptions that the researcher would have before he/she goes to the field include the following. Firstly, there are already established health services delivery methods used in most of the health facilities (Blessing et al., 2009). Secondly, there are significant challenges that those intending to implement the methodologies face in executing such duties. Thirdly, the objectivity will only be achieved if the sample size is determined in a representative and acceptable manner.

Random Sampling

Considering the first method, random sampling, the samples are taken in various town and rural community health centers in the United States to determine the delivery of health services adopted (Bergh & Ketchen, 2009). Each sample size will be estimated within radius square kilometers, and in each sample, the effectiveness of the methodology will be examined, and findings recorded. This is in line with the assumption that the method used for the delivery of health services in the United States and other parts of the world influences the patients' access to the medical services that they require. The delivery of health services also affects the number of people who attend the medical facility. Therefore, using random sampling, each health facility will have an equal opportunity to be included in the sample without any form of biasness (Blessing et al., 2009). The delivery of health services from the sampled institutions will be investigated to make sure that the specific method is known and its impacts evaluated.

Questionnaire

The second method to be used is questionnaire. In essence, it is a very important tool that is structured for collecting qualitative and quantitative data from a given piece of research work (Blessing et al., 2009). From the selected health facility, the health officers in charge of the delivery of health services including doctors, clinical officers and nurses will be issued with a questionnaire to complete and they will carefully answer all the questions and then return the

duly completed forms. The researcher will then compile and analyze the findings to make a comparison about the effective methods of health service delivery (Bergh & Ketchen, 2009). Such findings will help in decision making about the best approach of health services delivery in the United States, its impacts and potential shortcomings. This method will be most welcome because it guarantees confidentiality and it is free from undue influence on the respondents to obtain certain results.

Personal Interviews

Finally, personal interviews of selected healthcare personnel will be randomly conducted in the sampled medical institutions to establish the delivery of health services used in such facilities, and the findings will be compiled and analyzed (Blessing et al., 2009). In this method, both open-ended and close-ended questions will be asked, and responses recorded either using a tape recorder or a notebook. Open-ended questions are those which do not require definite answers; whereas closed-ended questions are those which require definite answers (Blessing et al., 2009). Interviews will be participatory so as to make the researcher obtain as much information as possible about the delivery of health services in the selected hospitals. Both the researcher and the interviewee will be free to engage one another in fruitful discussions about the modes of healthcare service delivery that the institution adopts, its impacts and possible challenges (Bergh & Ketchen, 2009).

Expected Findings and their Implication

In the first place, the researcher expects, at the end of the research, to establish an estimated number of overweight people in United States, as a percentage of the total population of the country. Secondly, the researcher expects to find out that the economic status of individuals plays a role in determining weight. Thirdly, the researcher expects to clarify that those people with excessive weight will be not doing physical exercise or work that would help reduce their weight (Micahael & Jonathan, 2008). In addition, the researcher expects to find out that more educated people are not overweight as compared to those with little education. Finally,

the researcher expects to see that overweight people are mostly found in urban areas as compared to those in rural areas.

It can be noted that the implication of the first expected finding is that, a higher percentage of people living in the United States are overweight. The implication of the second expected finding is that, those people from high income class should be taught on the importance of healthy diet, thereby reducing ignorant consumption of diet containing excess fats and proteins, as this would lead to accumulation of fats into the body tissues, and that the economic status of an individual has a role in the development of excess weight. The third expected finding implies that there ought to be measures to inform people on the importance of exposing the body to adequate physical exercise thereby reducing chances of exceeding one's expected weight (Micahael & Jonathan, 2008). In the addition, the implication of the forth expected finding is that there should be a concerted effort to educate those people living in rural areas on the importance of diet. Finally, the implication of the sixth expected finding implies that the less educated should be taught eating ethics, thereby reducing their chances to have excess weight.

Conclusion

In summary, one realizes that the method of health services delivery in the United States affects the outcomes the medical facility recorded. Similarly, it would affect the way in which persistent diseases such as diabetes and cancer are countered. The health service delivery method that a given medical institution uses might be as a result of a number of factors, which include sex, economic and social status of the prospected patients. It means that any attempt to establish the prevalence of the disease in United States will be based on the mode of healthcare services that the health facility adopts. Nevertheless, other scholars have made strong sentiment that the healthcare facility should use health service delivery methods that are informative and proactive. Indeed, the assumption can be well thought trough to be true since it makes the research easy to establish the most appropriate health services delivery methods in the United States. Moreover,

the outcome of this intended research will be attributed to the level of knowledge of the researcher, and the use of modern systems and tools of conducting the study.

Part II: Review of the Proposal

This research proposal is very important in implementing health services delivery policies. In terms of its overall efficacy, it is vital to note that some health facilities in the country have to be equipped and adopt the latest health service delivery methods. This will make sure that they can deal with cases of diabetes and cancer, either from an extreme end of the disease or the non extreme. On the other hand, it is pleasing to note that all these efforts to use such methods have resulted into some steps in as far as medical attention is concerned. Therefore, the proposal will actually serve its purpose of improving the delivery of healthcare services in the country.

Concerning its strengths, the proposal indicates that the risks of lifestyle diseases will be on the decline trend if there is an appropriate use of health service delivery methods as outlined. The other strength of the proposal is that if it is implemented to the latter, it will be evident that since the government of United States has in the past made efforts to carry out reforms in healthcare delivery services in the country. This will help the country raise awareness on such diseases as diabetes and cancer, their effects and how people can avoid suffering from them. Ideally, its implementation will dwell on promoting the mode of service delivery. Therefore, it means that the healthcare delivery services have to be carried out in collaboration with the health department of the country. Some of the limitations that the project implementers are likely to experience include omissions due to its coverage and huge financial input to fund its implementation.

In addition, the study will show that the distribution of overweight people in the United States is neither inclined to the economic status of an individual nor to the areas one comes from. It all depends on one's ability to be disciplined in executing health service delivery within the

health facility to make sure that those requiring medical services are attended to properly.

Furthermore, the proposal is appropriate because it indicates the rationale for sound medical practices among the health practitioners and what is expected of the patients. This will promote the efficiency in delivering healthcare services to the patients.

On the other hand, the proposal is explicit in its explanation about the need to know the existence of sound healthcare service delivery methods that could be used to control the emerging threats of lifestyle diseases. In terms of illnesses, the dangers that the proposal outlines are associated with diabetes and cancer, which require caution in the way they are handled and the health service delivery employed. This makes the proposal and its full implementation to be very useful in promoting healthcare service delivery. In addition, caution should be taken when implementing this proposal to make sure that it does not infringe on the rights of patients and health practitioners.

Finally, it calls for understanding of the diseases, which affect the majority of people regardless of age, gender, economic and social status of a person. This makes the research necessary and at the right time, hence the implementation should be done immediately to promote the living condition of most Americans. The other direction for conducting this research is to relate the truth to all manners of speculation about the most appropriate healthcare services delivery methods and how they will help alleviate lifestyle diseases such as diabetes and cancer. The proposal is also significant because the researcher will confirm the need for complete change in the health service delivery methods to be adopted in the United States.