

Recently, there has been an increasing occurrence of Type 2 Diabetes Mellitus (T2DM) worldwide. Assessing nursing competencies remains a challenging endeavor, with limited literature addressing this subject. Saudi Arabia's healthcare system confronts significant challenges due to shifting disease patterns, an aging population, and a shortage of healthcare professionals with only approximately 38% of Saudis making up the total nursing workforce, and the majority of the nursing staff are expatriates from the Philippines and India. T2DM is a leading cause of morbidity and mortality in Saudi Arabia, resulting in considerable economic and healthcare burdens and that among high-risk patients, lifestyle adjustments involving a better diet, more exercise, and weight loss can stop or delay the onset of T2DM. For instance, in the case of Saudi Arabia, strategies may need to take into account the diverse backgrounds and experiences of the nursing workforce as potentials impacting the overall effectiveness of diabetes prevention and management strategies. The International Diabetes Federation estimates that 463 million persons worldwide had diabetes in 2019; by 2045, this figure is projected to reach 700 million. In Saudi Arabia, the prevalence of T2DM among adults is notably high, estimated at 18.3% in 2020. The escalating rates and underlying causes of medical errors by nurses have emerged as a substantial concern, given their implications for the mortality and disability of numerous individuals annually. Research have shown that nurses' competency in providing health education can significantly impact patients' knowledge, self-management behaviors, and overall health outcomes; moreover, strategies may need to focus on improving nurses' knowledge about the disease, their communication skills, and their ability to provide tailored education to patients. Several studies have highlighted the importance of nursing competency in ensuring patient safety and satisfaction, and in improving health outcomes. Health education has been recognized as a crucial strategy in preventing and managing T2DM, and nurses, as frontline healthcare providers, play a vital role in this process.