

DIABETES TYPE 1

DIABETES TYPE 2

Complications (Type 1 and Type 2)

DIABETES MELLITUS

NURSING CARE PLAN

DIABETES INTERVENTIONS (Type 1)

DIABETES INTERVENTIONS (Type 2)

Causes: Autoimmune destruction of the insulin-producing beta cells in the pancreas.

Signs and Symptoms:

- Excessive thirst (polydipsia)
- Frequent urination (polyuria)
- Excessive hunger (polyphagia)
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow healing of wounds
- Recurrent infections (e.g., yeast infections)

Diagnosis:

- Fasting blood glucose level ≥ 126 mg/dL
- HbA1c $\geq 6.5\%$
- Random blood glucose level ≥ 200 mg/dL with symptoms
- Oral glucose tolerance test (OGTT) ≥ 200 mg/dL

Management:

- Insulin therapy (basal-bolus regimen)
- Regular blood glucose monitoring
- Healthy diet and regular exercise
- Stress management

Causes: Insulin resistance and relative insulin deficiency.

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Complications (Short-term/Acute):

- Hypoglycemia:** Low blood glucose levels leading to symptoms like sweating, shakiness, and confusion.
- Hyperglycemia:** High blood glucose levels leading to symptoms like increased thirst, frequent urination, and fatigue.
- Diabetic Ketoacidosis (DKA):** A life-threatening condition characterized by high blood glucose, ketones in the blood, and metabolic acidosis.
- Hypertension:** High blood pressure, often associated with long-term diabetes.

Complications (Long-term/Chronic):

- Cardiovascular Disease:** Increased risk of heart disease, stroke, and peripheral artery disease.
- Neuropathy:** Nerve damage leading to numbness, tingling, and pain, particularly in the feet.
- Retinopathy:** Damage to the retina, which can lead to vision impairment and blindness.
- Nephropathy:** Kidney damage that can progress to kidney failure.
- Foot Problems:** Poor circulation and nerve damage can lead to foot ulcers and infections.

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Assessment: Monitor blood glucose levels, weight, and vital signs.

Planning: Develop a nursing care plan based on the patient's needs.

Implementation:

- Monitor blood glucose levels regularly.
- Administer insulin as prescribed.
- Encourage a healthy diet and regular exercise.
- Provide education on diabetes management.
- Monitor for signs and symptoms of complications.

Evaluation: Assess the patient's understanding of diabetes management and adherence to the care plan.

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DIABETES MELLITUS

Visual learner Notes



INSULIN

Insulin is a hormone that allows glucose to enter the cells to be used for energy. It is produced by the beta cells of the pancreas.

Types of Insulin:

- Rapid-acting insulin:** Onset of action is within 15 minutes, peaks in 1-2 hours, and lasts for 3-5 hours.
- Intermediate-acting insulin:** Onset of action is within 2-4 hours, peaks in 6-12 hours, and lasts for 18-24 hours.
- Long-acting insulin:** Onset of action is within 2-4 hours, peaks in 4-12 hours, and lasts for 24-36 hours.

Administration: Insulin is administered via subcutaneous injection.

Monitoring: Blood glucose levels should be monitored regularly to ensure proper insulin dosing.

NURSING INTERVENTIONS

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Study Guide For Diabetes

Lauren Gardner



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,2017-07-31 Exam prep for the Certified Diabetes Educator CDE exam

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James A. Bourgeois, Robert E. Hales, Narriman C. Shahrokh, 2010-11-01 Study Guide to Psychosomatic Medicine is a question and answer companion that allows you to evaluate your mastery of the subject matter as you progress through The American Psychiatric Publishing Textbook of Psychosomatic Medicine Second Edition The Study Guide is made up of 271 questions divided into 41 individual quizzes of 5-10 questions each that correspond to chapters in the Textbook Questions are followed by an Answer Guide that references relevant text including the page number in the Textbook to allow quick access to needed information Each answer is accompanied by a discussion that not only addresses the correct response but also explains why other responses are not correct The Study Guide's companion The American Psychiatric Publishing Textbook of Psychosomatic Medicine Psychiatric Care of the Medically III Second Edition again brings together a multinational group of distinguished contributors to address every aspect of psychiatric care in the medically ill This book captures the diversity of the field whose practitioners scholars physicians and clinicians of varied backgrounds represent a multiplicity of perspectives

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Study Guide for Pharmacology - E-Book Mary B. Winton,Linda E. McCuiston,Kathleen Vuljoin DiMaggio,Jennifer J. Yeager,2025-04-16 Reinforce your understanding of nursing pharmacology and patient centered care for NGN success and medication safety Corresponding to the chapters in McCuiston s Pharmacology A Patient Centered Nursing Process Approach 12th Edition this practical study guide provides hundreds of exercises questions drug calculation problems and case studies to help you review and apply pharmacology and drug calculation concepts and content The new edition features Next Generation NCLEX Examination NGN style case studies to prepare your for the latest NCLEX Exam With this practical study guide you will apply your knowledge of pharmacology to clinical practice enhance your decision making abilities and develop your clinical judgment skills for NGN success and safe medication practice UPDATED Content matches the updates in the 12th edition of the McCuiston textbook Each chapter features helpful learning aids including a Study Questions section fill in the blank matching true false an NCLEX Review Questions section and a Case Studies section which includes traditional case studies as well as Next Generation NCLEX Exam NGN style case studies Authentic and current sample drug labels throughout mirror true to life practice in working with drug information Focus on safety includes a special icon that calls attention to questions related to the AACN Essentials priority of safe patient care Answers for all exercises are provided at the back of the book to facilitate self study with detailed rationales included for all application level questions and case study questions A drug calculation review chapter follows the outline of the corresponding textbook chapter offering you the opportunity to test your knowledge and skill in drug dosage calculation Study Guide for Introduction to Maternity and Pediatric Nursing - E-Book Gloria Leifer,2022-10-27 NEW Next Generation NCLEX exam style questions for case studies help students develop skills in clinical judgment and prepare for the new licensure examination NEW Updated exercises correspond with the textbook s new content on methods and treatment in the care of women families newborns and children

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