

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 beta cells of the pancreas, leading to an absolute deficiency of insulin.

Pathophysiology: The immune system attacks and destroys the beta cells of the pancreas, which are responsible for producing insulin.

Signs and Symptoms:

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

Diagnosis:

- Fasting blood glucose level > 126 mg/dL
- HbA1c > 6.5%
- Random blood glucose level > 200 mg/dL
- Oral glucose tolerance test (OGTT) > 200 mg/dL

Management:

- Insulin therapy (basal-bolus regimen)
- Regular blood glucose monitoring
- Medical nutrition therapy
- Regular physical activity
- Stress management
- Regular eye exams
- Regular foot exams
- Regular kidney function tests

Causes: Insulin resistance and relative insulin deficiency.

Pathophysiology: The body's cells become resistant to the action of insulin, and the pancreas cannot produce enough insulin to overcome this resistance.

Signs and Symptoms:

- Excessive thirst (polydipsia)
- Frequent urination (polyuria)
- Excessive hunger (polyphagia)
- Unexplained weight gain
- Fatigue
- Blurred vision
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Diagnosis:

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Management:

- Medical nutrition therapy
- Regular physical activity
- Stress management
- Regular eye exams
- Regular foot exams
- Regular kidney function tests
- Insulin therapy (if needed)

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 excessive thirst, frequent urination, and fatigue.
- Diabetic Ketoacidosis (DKA):** A life-threatening complication characterized by high blood glucose, ketone production, and metabolic acidosis.
- Hyperosmolar Hyperglycemic State (HHS):** A life-threatening complication characterized by extremely high blood glucose levels and dehydration.

Complications (Long-term/Chronic):

- Cardiovascular Disease:** Increased risk of heart disease, stroke, and peripheral vascular disease.
- Neuropathy:** Nerve damage leading to numbness, tingling, and pain, particularly in the feet.
- Nephropathy:** Kidney damage leading to decreased kidney function and eventually kidney failure.
- Retinopathy:** Eye damage leading to vision impairment and blindness.
- Foot Ulcers:** Sores on the feet that can lead to infection and amputation.

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TYPE	TYPE 1	TYPE 2
Causes	Autoimmune destruction of the beta cells of the pancreas	Insulin resistance and relative insulin deficiency
Pathophysiology	Immune system attacks and destroys the beta cells of the pancreas	Body's cells become resistant to the action of insulin
Signs and Symptoms	Excessive thirst, frequent urination, excessive hunger, unexplained weight loss, fatigue, blurred vision, slow healing of wounds, recurrent infections	Excessive thirst, frequent urination, excessive hunger, unexplained weight gain, fatigue, blurred vision, slow healing of wounds, recurrent infections
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Management	Insulin therapy, Regular blood glucose monitoring, Medical nutrition therapy, Regular physical activity, Stress management, Regular eye exams, Regular foot exams, Regular kidney function tests	Medical nutrition therapy, Regular physical activity, Stress management, Regular eye exams, Regular foot exams, Regular kidney function tests, Insulin therapy (if needed)

NURSING CARE PLAN

Assessment: Monitor blood glucose levels, assess for signs and symptoms of hypoglycemia and hyperglycemia.

Diagnosis: Deficient knowledge regarding diabetes management.

Interventions:

- Monitor blood glucose levels regularly.
- Assess for signs and symptoms of hypoglycemia and hyperglycemia.
- Provide education on diabetes management.
- Encourage adherence to medication regimen.
- Promote healthy diet and regular physical activity.
- Monitor for complications of diabetes.
- Provide emotional support and counseling.

Expected Outcomes:

- Client will maintain blood glucose levels within target range.
- Client will demonstrate understanding of diabetes management.
- Client will adhere to medication regimen.
- Client will maintain healthy diet and regular physical activity.
- Client will monitor for complications of diabetes.
- Client will seek emotional support and counseling when needed.

DIABETES INTERVENTIONS (Type 1)

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DIABETES INTERVENTIONS (Type 2)

Assessment: Monitor blood glucose levels, assess for signs and symptoms of hypoglycemia and hyperglycemia.

Diagnosis: Deficient knowledge regarding diabetes management.

Interventions:

- Monitor blood glucose levels regularly.
- Assess for signs and symptoms of hypoglycemia and hyperglycemia.
- Provide education on diabetes management.
- Encourage adherence to medication regimen.
- Promote healthy diet and regular physical activity.
- Monitor for complications of diabetes.
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Expected Outcomes:

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DIABETES MELLITUS

Visual learner Notes



INSULIN

Insulin: A hormone produced by the beta cells of the pancreas that regulates blood glucose levels.

Types of Insulin:

- Rapid-acting insulin:** Onset of action within 15 minutes, duration of action 3-5 hours.
- Short-acting insulin:** Onset of action within 30 minutes, duration of action 6-8 hours.
- Intermediate-acting insulin:** Onset of action within 2-4 hours, duration of action 12-18 hours.
- Long-acting insulin:** Onset of action within 1-2 hours, duration of action 24 hours or longer.

Administration: Insulin is administered via subcutaneous injection.

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

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Study Guide For Diabetes

Cde Exam Secrets Test Prep



Study Guide For Diabetes:

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CURRENT Medical Diagnosis and Treatment Study Guide Gene Quinn, Nathaniel Gleason, Maxine Papadakis, Stephen J. McPhee, 2013-09-10. Provides an organized synopsis of each topic making it an essential study partner for a variety of examinations including the USMLE Step 2 medicine clerkship shelf exams, ABIM internal medicine boards, and recertification exams, adult and family nurse practitioner certification examination, and physician assistant national certifying exam.

Diabetes Care (Speedy Study Guide) Speedy Publishing LLC, 2014-12-16. A diabetes care guide can be a tremendous help for diabetes sufferers because the most important information regarding this disease and its maintenance is found all in one place. All of this information being so easily accessible and organized can be a great relief for those who are already overwhelmed with the responsibility of living with diabetes. Also, the pictures and charts found within the care guides can give diabetes sufferers needed clarity on caring for themselves.

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Study Guide For Diabetes Book Review: Unveiling the Power of Words

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