

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)

Definition: A chronic metabolic disorder characterized by high blood sugar levels over a prolonged period.

Causes:

- Genetics
- Autoimmune reaction
- Insulin resistance
- Obesity
- Physical inactivity
- Unhealthy diet
- Age
- Family history
- Previous gestational diabetes
- Polycystic ovary syndrome (PCOS)

Signs and Symptoms:

- Excessive thirst
- Frequent urination
- Unexplained weight loss
- Blurred vision
- Slow healing of wounds
- Frequent infections
- Dark patches on the skin (Acanthosis nigricans)

Diagnosis:

- Fasting blood sugar test
- HbA1c test
- Oral glucose tolerance test
- Random blood sugar test

Management:

- Insulin therapy
- Dietary changes
- Regular exercise
- Medication (oral hypoglycemics)
- Monitoring blood sugar levels

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Complications (Type 1 and Type 2)

Long-term complications:

- Cardiovascular disease:** Increased risk of heart disease and stroke.
- Kidney disease:** Damage to the kidneys, leading to kidney failure.
- Neuropathy:** Nerve damage, leading to numbness, tingling, and pain, particularly in the hands and feet.
- Retinopathy:** Damage to the retina, leading to vision loss and blindness.
- Hypertension:** High blood pressure, which can lead to heart and kidney problems.
- Lipid abnormalities:** High cholesterol and triglyceride levels, increasing the risk of heart disease.

Acute complications:

- Hypoglycemia:** Low blood sugar levels, which can lead to confusion, dizziness, and loss of consciousness.
- Hyperglycemia:** High blood sugar levels, which can lead to dehydration, fatigue, and increased risk of infections.
- Diabetic ketoacidosis (DKA):** A life-threatening condition that occurs when the body produces ketones due to a lack of insulin.
- Non-ketotic hyperosmolar syndrome (NHS):** A life-threatening condition that occurs when the blood becomes very thick due to high sugar levels.

Prevention:

- Regular monitoring of blood sugar levels
- Adherence to medication and insulin therapy
- Healthy diet and regular exercise
- Regular medical check-ups and screenings

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Visual learner Notes



INSULIN

Insulin is a hormone that allows glucose to enter the cells from the blood. It is produced by the beta cells of the pancreas.

Types of Insulin:

- Rapid-acting insulin:** Starts working within 15 minutes and lasts for 3-5 hours.
- Short-acting insulin:** Starts working within 30 minutes and lasts for 6-8 hours.
- Intermediate-acting insulin:** Starts working within 2-4 hours and lasts for 12-18 hours.
- Long-acting insulin:** Starts working within 1-2 hours and lasts for 24 hours or more.

Administration:

- Insulin is administered via subcutaneous injection.
- Injection sites should be rotated to prevent lipodystrophy.
- Insulin should be stored properly and checked for expiration.

Monitoring:

- Regular monitoring of blood sugar levels is essential to adjust insulin doses.
- Signs of hypoglycemia (low blood sugar) include sweating, shakiness, and confusion.
- Signs of hyperglycemia (high blood sugar) include excessive thirst, frequent urination, and blurred vision.

NURSING INTERVENTIONS

- Monitor blood sugar levels regularly.
- Administer insulin as prescribed.
- Encourage a healthy diet and regular exercise.
- Monitor for signs and symptoms of complications.
- Provide patient education on diabetes management.
- Encourage adherence to medication and lifestyle changes.
- Monitor for signs of hypoglycemia and hyperglycemia.
- Provide emotional support and counseling.

Assessment:

- Assess blood sugar levels.
- Assess for signs and symptoms of complications.
- Assess patient knowledge and understanding of diabetes.
- Assess patient adherence to medication and lifestyle changes.

Implementation:

- Administer insulin as prescribed.
- Encourage a healthy diet and regular exercise.
- Monitor for signs and symptoms of complications.
- Provide patient education on diabetes management.
- Encourage adherence to medication and lifestyle changes.

Evaluation:

- Monitor blood sugar levels.
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Sarah Gear



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Table of Contents Study Guide For Diabetes

1. Understanding the eBook Study Guide For Diabetes
 - The Rise of Digital Reading Study Guide For Diabetes
 - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide For Diabetes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Study Guide For Diabetes
 - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide For Diabetes
 - Personalized Recommendations
 - Study Guide For Diabetes User Reviews and Ratings
 - Study Guide For Diabetes and Bestseller Lists

5. Accessing Study Guide For Diabetes Free and Paid eBooks
 - Study Guide For Diabetes Public Domain eBooks
 - Study Guide For Diabetes eBook Subscription Services
 - Study Guide For Diabetes Budget-Friendly Options
6. Navigating Study Guide For Diabetes eBook Formats
 - ePub, PDF, MOBI, and More
 - Study Guide For Diabetes Compatibility with Devices
 - Study Guide For Diabetes Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Study Guide For Diabetes
 - Highlighting and Note-Taking Study Guide For Diabetes
 - Interactive Elements Study Guide For Diabetes
8. Staying Engaged with Study Guide For Diabetes
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Study Guide For Diabetes
9. Balancing eBooks and Physical Books Study Guide For Diabetes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Study Guide For Diabetes
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Study Guide For Diabetes
 - Setting Reading Goals Study Guide For Diabetes
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Study Guide For Diabetes
 - Fact-Checking eBook Content of Study Guide For Diabetes
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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