

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 absolute insulin deficiency.

Pathophysiology: The immune system attacks and destroys the beta cells of the pancreas, which produce 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 > 126 mg/dL
- HbA1c > 6.5%
- Random blood glucose > 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 the resistance.

Signs and Symptoms:

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

- Fasting blood glucose > 126 mg/dL
- HbA1c > 6.5%
- Random blood glucose > 200 mg/dL
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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 severe 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.
- Retinopathy:** Damage to the retina, leading to vision impairment and blindness.
- Nephropathy:** Kidney damage leading to decreased kidney function and eventually kidney failure.
- Foot Ulcers:** Sores on the feet that can become infected and lead to amputation.

Definition: Diabetes mellitus is a chronic metabolic disorder characterized by hyperglycemia (high blood glucose levels) due to defects in insulin secretion, insulin action, or both.

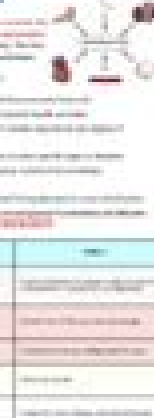
Types: Type 1 Diabetes Mellitus (T1DM), Type 2 Diabetes Mellitus (T2DM), Gestational Diabetes Mellitus (GDM).

Pathophysiology: In T1DM, the immune system destroys the beta cells of the pancreas, leading to absolute insulin deficiency. In T2DM, the body's cells become resistant to the action of insulin, and the pancreas cannot produce enough insulin to overcome the resistance. GDM is a form of diabetes that develops during pregnancy.

Signs and Symptoms: Excessive thirst (polydipsia), frequent urination (polyuria), excessive hunger (polyphagia), unexplained weight loss/gain, fatigue, blurred vision, slow healing of wounds, recurrent infections.

Diagnosis: Fasting blood glucose > 126 mg/dL, HbA1c > 6.5%, Random blood glucose > 200 mg/dL, Oral glucose tolerance test (OGTT) > 200 mg/dL.

Management: Insulin therapy (for T1DM and some T2DM), Medical nutrition therapy, Regular physical activity, Stress management, Regular eye exams, Regular foot exams, Regular kidney function tests.



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

Interventions:

- Administer insulin as prescribed.
- Monitor blood glucose levels frequently.
- Assess for signs and symptoms of hypoglycemia.
- Assess for signs and symptoms of hyperglycemia.
- Assess for signs and symptoms of complications.
- Provide emotional support.
- Encourage adherence to the treatment plan.
- Encourage regular physical activity.
- Encourage a healthy diet.
- Encourage stress management.
- Encourage regular eye exams.
- Encourage regular foot exams.
- Encourage regular kidney function tests.

Evaluation: Blood glucose levels are within the target range, signs and symptoms of hyperglycemia and hypoglycemia are resolved, complications are prevented or managed.

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DIABETES MELLITUS

Visual learner Notes



Insulin

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Diabetes Mellitus Study Guide

Michael Newman



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