

Diabetes Mellitus

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Imbalanced nutrition: Exceeds Related factors: Excessive intake in relation to metabolic need Insulin deficiency Symptoms / Risk factors: Thirst Frequent urination hyperglycemia Hyperlipidemia Outcome / Goal: Nutrition balance between needs and intake Patient maintains normal blood glucose and lipid levels</p>		<p>Nutrition Management Assess overall nutritional status Assess current timing and content of meals. Nutritional Counseling Discuss the goals of dietary therapy for the patient. Explain the importance of exercise in maintaining/reducing body weight. Hyperglycemia Management Closely monitor blood glucose levels to detect hypoglycemia. Assess patient for the signs and symptoms of hypoglycemia. Encourage patient to carry a portable treatment for hypoglycemia at all times. Teaching: Prescribed Medication Assist patient to reduce fear of injection by encouraging verbalization of fears Help patient to master technique by taking a step-by-step approach. Injection procedures Rotation of injection within one anatomical site Storage of insulin</p>	
	<p>Ineffective therapeutic regimen management Related factors: Complexity of therapeutic regimen Knowledge deficit New-onset diabetes Outcome / Goal: Patient demonstrates knowledge of diabetes self-care measures</p>		<p>Teaching: Disease Process Acknowledge patient's knowledge about condition Discuss therapy/treatment options Teaching: Prescribed Diet Assess current timing and content of meals. Make sure patient has adequate knowledge of diet, exercise</p>	
	<p>Risk for impaired skin integrity Related factors: Hyperglycemia Vascular insufficiency Pheripheral sensory neuropathy Symptoms / Risk factors: Altered circulation Altered sensation Altered metabolic state Outcome / Goal: Patient maintains intact skin</p>		<p>Foot Care Assess feet and legs for skin temperature, sensation, soft tissue injuries, corn Assess feet dryness, hammer toe or bunion deformation, hair distribution, pulses Maintain skin integrity by protecting feet from breakdown. Instruct patient in foot care guidelines Skin Surveillance Avoid applying drying agents to skin Apply skin moisturizers to maintain suppleness and prevent cracking and fissures Nail Care Teaching: Individual Advise the patient who smokes to stop smoking or reduce if possible</p>	
	<p>Ineffective coping Related factors: High degree of threat Complex medical regimen Inadequate level of confidence in ability to cope Symptoms / Risk factors: Poor concentration Situational crisis Outcome / Goal: Patient performs self-care behaviors Patient verbalizes acceptance of disease</p>		<p>Coping Enhancement Discuss with the patient the perceived effect of diabetes on lifestyle, finances Appraise the patient's understanding of the disease process Encourage patient and family participation in diabetes self-care regimen Identify available support groups to assist in lifestyle adaptation. Assist family in providing emotional support.</p>	