

Imbalanced nutrition: Exceeds

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p><b>Imbalanced nutrition: Exceeds</b></p> <p><b>Related factors:</b>                      Excessive intake in relation to metabolic need                      Insulin deficiency</p> <p><b>Symptoms / Risk factors:</b>                      Concentrating food intake at the end of the day                      Eating in response to external cues (e.g., time of day, soci                      Eating in response to internal cues other than hunger (e.g.,                      Frequent urination                      hyperglycemia                      Hyperlipidemia                      Reported or observed dysfunctional eating pattern (e.g., pai                      Sedentary activity level                      Thirst                      Triceps skin fold &gt;25 mm in women, &gt;15 mm in men                      Weight 20% over ideal for height and frame</p> <p><b>Outcome / Goal:</b>                      Nutrition balance between needs and intake                      Patient maintains normal blood glucose and lipid levels</p>		<p><b>Nutritional Counseling</b>                      Discuss the goals of dietary therapy for the patient.                      Explain the importance of exercise in maintaining/reducing body weight.</p> <p><b>Hyperglycemia Management</b>                      Assess patient for the signs and symptoms of hypoglycemia.                      Closely monitor blood glucose levels to detect hypoglycemia.                      Encourage patient to carry a portable treatment for hypoglycemia at all times.                      Help patient to master technique by taking a step-by-step approach.</p> <p><b>Teaching: Prescribed Diet</b>                      Assess current timing and content of meals.                      Make sure patient has adequate knowledge of diet, exercise</p> <p><b>Teaching: Prescribed Medication</b>                      Acknowledge patient's knowledge of medications                      Assist patient to reduce fear of injection by encouraging verbalization of fears                      Explain abstinence from sexual intercourse                      Explain treatment of sex partner(s)                      Help patient to master technique by taking a step-by-step approach.                      Include the family/significant others, as appropriate                      Injection procedures                      Instruct the patient on the purpose and action of each medication                      Instruct the patient on the signs and symptoms of overdosage                      Rotation of injection within one anatomical site                      Storage of insulin                      Teach patient how to apply antibiotic cream</p>	