

Nursing Care Plan

Hyperglycemia in Type 2 Diabetes



SimpleNursing

Patient Name Joe Care Provider Name Jill

Room No. 1 Date 3/6/25

Assessment

Subjective Data:

- Reports dietary patterns, meal frequency, and portion sizes.
- Evaluate understanding of carbohydrate counting and glycemic index.
- Identify barriers to lifestyle modifications, including cultural or socioeconomic factors.

Objective Data:

- Monitor blood glucose levels (fasting, postprandial, and bedtime).
- Check Hemoglobin A1c every 3 months.
- Record weight, BMI, and waist circumference.
- Assess vital signs for hypertension and heart rate.

Diagnosis

Related to:

- Excessive caloric intake and consumption of high-carbohydrate foods.
- Sedentary lifestyle and lack of physical activity.
- Insulin resistance associated with obesity and metabolic syndrome.
- Inconsistent medication adherence or improper timing of oral antidiabetic drugs.

As evidenced by:

- Elevated blood glucose levels (>180 mg/dL postprandial).
- Increased Body Mass Index (BMI) >30 .
- Elevated Hemoglobin A1c ($>7\%$).
- Weight gain or inability to lose weight despite attempts.

Goals & Outcomes

Short-Term Goals:

- Achieve fasting blood glucose levels between $70-100$ mg/dL within one week.
- Maintain postprandial blood glucose <180 mg/dL.
- Understand carbohydrate counting and portion control by the end of education session.
- Engage in at least 150 minutes of moderate exercise per week.

Long-Term Goals:

- Achieve and maintain a 5-10% weight loss within 3-6 months.
- Reduce HbA1c to $<7\%$ within 3-6 months.
- Establish a sustainable meal plan to manage glycemic control and prevent weight gain.
- Prevent complications such as cardiovascular disease, neuropathy, and retinopathy.

Interventions

Dietary Education:

- Educate on carbohydrate counting, portion control, and the glycemic index.
- Encourage nutrient-dense, high-fiber foods.

Physical Activity Promotion:

- Encourage at least 150 minutes of exercise per week.
- Educate on the benefits of resistance training twice a week to improve insulin sensitivity.

Medication Management:

- Educate on the importance of medication adherence.
- Monitor for side effects of oral medications, especially GI upset, hypotension, and dizziness.
- Collaborate with the provider for medication adjustments.

Blood Glucose Monitoring:

- Encourage routine blood glucose checks.

Evaluation

Evaluate patient over time to see if short-term and long-term goals & outcomes were achieved. Track progress.

Nursing Care Plans Includes Electronic Care Plan Maker

Meg Gulanick, Judith L. Myers



Nursing Care Plans Includes Electronic Care Plan Maker:

Nursing Care Plans - E-Book Meg Gulanick, Judith L. Myers, 2013-03-01 Updated content incorporates the latest evidence based data and best practice guidelines to help you provide the highest quality nursing care Revised and expanded rationales include explanations for nursing interventions to help you understand what the nurse does and why Expanded and more specific outcome statements for each nursing diagnosis help you develop measurable patient outcomes New content on patient safety and preventable complications addresses national initiatives and discusses the nurse's responsibility in preventing complications such as falls pressure ulcers infections etc QSEN competencies are integrated throughout 11 new disorder care plans include Pulmonary Hypertension Cystic Fibrosis Carpal Tunnel Syndrome Peptic Ulcer Fibromyalgia Solid Organ Transplant Hemodialysis Breast Reduction Pelvic Relaxation Disorder Hyperthyroidism Psoriasis 6 new nursing diagnoses care plans include Impaired Dentition Disturbed Energy Field Readiness for Enhanced Immunization Sedentary Lifestyle Post Trauma Syndrome Relocation Stress Syndrome *Nursing Care Plans* Marilyn E. Doenges, Mary F. Moorhouse, 1998-11 Doenges and Moorhouse's Electronic Care Plan Maker allows the student to create fully customized documented care plans which can be printed saved and modified as needed This exciting program offers An interactive tutorial on the nursing process and planning and documenting patient care A computerized assessment tool that can be tailored to the individual patient All the latest NANDA diagnoses organized by diagnostic division with associated risk factors desired patient outcomes and actions interventions by nursing priority A comprehensive list of care plans from all of F A Davis's best selling care plan books Nursing Care Plans Psychiatric Care Plans Maternal Newborn Plans of Care and Nurse's Pocket Guide this means complete access and the ability to search view copy and paste and the edit hundreds of care plans for 114 disorders 94 med surg 10 psychiatric and 10 maternal newborn disorders conditions A comprehensive list of current references for the documentation of interventions and rationales Nine sample care maps that illustrate the use of clinical pathways Bonus Includes Davis's Drug Guide disk that provides 530 generic drugs to further customize care plans and to create customized med cards **Saunders Student Nurse Planner, 2014-2015 - E-Book** Susan C. deWit, 2014-10-07 Much more than just a study calendar Saunders Student Nurse Planner 2014 2015 will quickly become your lifeline with its wealth of organizational tools clinical information and helpful nursing school guidance all within one compact and versatile resource Designed specifically for busy nursing students like you this planner's strategies for time management and stress reduction NCLEX Exam review questions and study tips and abundance of helpful clinical tools can significantly relieve the common aches and pains of nursing school and help you perform to your fullest potential both inside the classroom and throughout clinical practice so much included in such a small space and is really handy as an all in one quick reference guide diary and planner Reviewed by Jade Day on behalf of Nursing Times September 2015 Updated information on common therapeutic diets includes gluten and lactose free high fiber and the DASH Eating Plan FOUR Score Neurological Assessment

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deWit's Fundamental Concepts and Skills for Nursing - First South Asia Edition-E-Book Ambika Ravindran,2017-06-24 Fundamental Concepts and Skills for Nursing First South Asia Edition provides all the basic theoretical and applied knowledge that the LPN LVN nurse needs to practice in an expanded number of care settings such as the community clinic physician s office long term care facility home and acute care hospital setting With an extensive art program and thorough discussion of QSEN this text addresses topics like the physical and psychosocial needs of the patient critical thinking for problem solving and clinical judgment and communication all within a strong nursing process framework The accessible friendly and clear writing style appeals to students and instructors and its rich ancillary package including NCLEX PN review questions gives students an edge on learning fundamentals Concept maps give a visual example of concepts addressed in the text help you visualize difficult material and illustrate how a disorder s multiple symptoms treatments and side effects are associated Over 110 skills and steps featuring sample documentation examples and Home Care Considerations boxes where appropriate present step by step procedures in an action rationale format Life Span Considerations The Older Adult highlight changes that occur with aging and how they affect nursing care by LPN LVNs working in community and long term care Easy to follow reading level and text organization presents information from simple to most complex making it perfect for lower level students and those speaking English as a second language Numbered objectives divided by theory and clinical practice provide a framework for content Cultural Considerations cover biocultural variations as well as health promotion for specific ethnic groups so you provide culturally competent care Health Promotion and Patient Teaching boxes include guidelines to prevent illness promote health and develop self care strategies Nursing process framework features application of the nursing process and nursing care plans to reinforce application of the nursing process in the clinical setting Think Critically boxes encourage you to synthesize information and apply concepts to practice Home Care Considerations boxes highlight the necessary adaptations of nursing skills and techniques for the patient in the home care setting Communication boxes present examples of nurse patient dialogues and instructive therapeutic communication techniques Over 20 nursing care plans which include

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Table of Contents Nursing Care Plans Includes Electronic Care Plan Maker

1. Understanding the eBook Nursing Care Plans Includes Electronic Care Plan Maker
 - The Rise of Digital Reading Nursing Care Plans Includes Electronic Care Plan Maker
 - Advantages of eBooks Over Traditional Books
2. Identifying Nursing Care Plans Includes Electronic Care Plan Maker
 - 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 Nursing Care Plans Includes Electronic Care Plan Maker
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nursing Care Plans Includes Electronic Care Plan Maker
 - Personalized Recommendations
 - Nursing Care Plans Includes Electronic Care Plan Maker User Reviews and Ratings

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