

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 maintain 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/nausea, lightheadedness.
- 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 Of Adults

Kathleen Armour



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