

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, 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

H.-A. Park,P.J. Murray,C. Delaney



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 Marilynn 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

Consumer-Centered Computer-Supported Care for Healthy People H.-A. Park, P.J. Murray, C. Delaney, 2006-06 Intended for nurses and informatics experts working with informatics applications in nursing care administration research and education This book's theme Consumer Centered Computer Supported Care for Healthy People emphasizes the central role of the consumer and the function of information technology in health care

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 Scale guides you in assessing a patient s level of consciousness Time saving compact design provides a clean and efficient layout that is easy to take to bring along to class and clinical rotations Time management strategies help you perform to your fullest potential Advice on study skills and stress reduction techniques improve your focus and increase efficiency giving you the edge you need to succeed Alternate format questions explanation and examples and information on taking the NCLEX exam help prepare you for the licensure exam Getting the Most from the Clinical Experience chapter educates you on patient safety communication with patients and colleagues and documentation The Joint Commission s Do Not Use List of dangerous abbreviations acronyms and symbols appears inside the front cover Clinical Quick Reference chapter provides you with essential clinical tools and information in a concise accessible format and includes Commonly used abbreviations symbols and notations Perioperative care and Joint Commission safety guidelines for surgery Fall risk factors and assessment Most commonly used IV fluids table HIPAA requirements for confidentiality Safety guidelines to prevent medication errors Pain assessment tools Signs of geriatric and pediatric abuse Glasgow Coma Scale Tips for troubleshooting IV pumps Braden Scale for Predicting Pressure Sore Risk Common lab test values MyPlate dietary guidelines "Code of Massachusetts regulations, 2004" ,2004 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

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Introduction to Management and Leadership for Nurse Managers Russell C. Swansburg, Richard J. Swansburg, 2002 Leadership Management Finance "Code of Massachusetts regulations, 1997", 1997 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

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