

**Most Urgent Nursing Diagnosis:**  
 Deficient knowledge r/t new diagnosis of Diabetes Mellitus AEB inaccurate statements about diet/ food, travel, glucometer use and limitations in daily life and future  
 (Herdman & Kamitsuru, 2017)

**Nursing Diagnosis 2:**  
 Powerlessness r/t long-term, incurable illness AEB failure to monitor progress and glucose levels or to lower A1C levels as well as general apathy and withdrawal during appointment  
 (Herdman & Kamitsuru, 2017)

**Patient Info:**  
 75-year-old Caucasian single man with recent diagnosis of Type II Diabetes

**Nursing Diagnosis 3:**  
 Risk for injury r/t patient's age, diagnosis of diabetes, and the fact he lives alone  
 (Herdman & Kamitsuru, 2017)

**Treatment:**

- Discuss a diet high in fiber and low in fat including three meals and at least one snack each day
- Give information about cooking and useful cookbooks for diabetics

**Treatment:**  
 Discuss goals and expectations the patient may have regarding his future and life with diabetes as well as coping abilities

**Treatment 2:**

- Encourage feeling of control of the situation
- Promote independence and self-care

**Treatment 2:**  
 Refer to medical nutrition therapy if necessary  
 (American Diabetes Association, 2019)

**Treatment:**  
 Assess feet, nails and skin for signs of infection, cuts, edema, redness or swelling  
 (Phillips & Mehl, 2015)

**Outcomes:**

- Pt able to demonstrate/explain about glucometer use and how to detect hypo and hyperglycemia
- Pt reports comfort and understanding in diet guidelines and options

**Treatment 2:**

- Teach about always wearing shoes to prevent injury to feet
- Teach healthy foot care such as cleaning drying and daily moisturizing

**Outcomes:**

- Patient free of signs of injury or infection
- Patient able to describe appropriate foot care

**Outcomes:**

- Patient able to express feelings about the situation, how he plans to cope from now on, and able to identify support system
- Patient able to determine self-care and control over his choices, activities and schedule, and recognize diabetes is a manageable disease

(Ishak, Mohd Yusoff, Rahman, & Kadir, 2017)