

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS _____ REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Diagnosis is based on the measurement of fasting blood on the glucose level in order to determine the tolerance of diabetes mellitus.

Pathophysiology Related to Client Problem

The immune system of the client, affects the insulin producing beta cells of the pancreas, hence creating insulin deficiency. The condition leads to destruction of the pancreas islets.

Health Promotion and Disease Prevention

Diabetes mellitus can be prevented by maintaining weighty under manageable levels, exercising more often, eating healthy diet and avoiding smoking at all cost..

ASSESSMENT

Risk Factors

The disease risk factors will involve; inheritance from family members, pancreas disease, obesity, lack of enough exercising, age since the older you become when becoming pregnant the higher the risks of contracting diabetes. other risk will involve inadequate blood glucose monitoring, insulin deficiency, and stress among others.

Expected Findings

More individuals are at the risk of contracting the disease since they exercise less, eat unhealthy meals.

Laboratory Tests

A blood sample will be taken despite the last time an individual had a meal. The sample will be tested to diagnose the blood sugar levels, which will in turn determine whether the individual is diabetic or not.

Diagnostic Procedures

The blood will be tested to diagnose the blood sugar levels. This will measure the amount of blood sugar that is attached to the hemoglobin. When the blood sugar levels are high, more hemoglobin will have more sugar content. The A1C level with 6.5 % and above will indicate that the individual has diabetes mellitus. On the other hand, levels between 5.7-6.4% will indicate the individual having prediabetes, while below 5.7 indicates normality.

SAFETY CONSIDERATIONS

Diabetes safety considerations will involve eating healthy, maintaining body weight at manageable levels, exercising more often and avoiding smoking.

PATIENT-CENTERED CARE

Nursing Care

The nursing care will involve proper treatment to stabilize the glucose levels and compliance to the prescribed treatment plan.

Medications

Medication offered will involve using insulin replacement, balanced diet and adequate exercising.

Client Education

Clients are educated to maintain their glucose levels through proper exercising and eating healthy. The maintenance should be considered vital since diabetes can lead to complications such as blindness, nerve damage, heart diseases.

Therapeutic Procedures

The therapeutic procedure will involve working to improve the body tissues sensitivity to insulin so that it can use it more effectively.

Interprofessional Care

The care will involve counseling in terms of nutrition diabetes self management education on how to manage their weight and healthy eating.

Complications

Diabetes mellitus can lead to other complications such as blindness, nerve damage and heart diseases.