

**Plan of Care**

**Diabetes Mellitus - New Onset - Independent Adult**

	<b>Problem/Need/Strength</b>	<b>Goal(s)</b>	<b>Approaches</b>	<b>Rationales</b>
1	Knowledge Deficit related to insulin administration	Patient will demonstrate appropriate procedure for administering insulin	Teach patient correct technique for withdrawing insulin from vial and have patient perform return demonstration	
		Patient will verbalize ways to manage hypoglycemia	Teach patient proper storage procedures for insulin	
			Review signs and symptoms of hypoglycemia with patient. Have patient repeat.	
			Discuss and plan individualized exercise program with patient. Teach patient best times for exercise to reduce potential for hypoglycemic episodes	
			Teach patient appropriate sites for insulin injection	
			Discuss with patient how to adjust Diabetic regimen when sick such as what foods to have available and other resources.	
			Teach patient symptoms that should alert him/her to contact a physician such as Glucose level over 250, ketonuria, nausea and vomiting, fever.	
2	Knowledge Deficit related to Blood Glucose Testing	Patient will demonstrate proper procedure for testing Blood Glucose	Demonstrate to patient proper procedure for testing blood glucose levels	
		Patient will verbalize understanding of signs and symptoms of hypoglycemia/hyperglycemia	Verbalize to patient appropriate times for testing glucose levels	
			Teach proper care and storage of blood glucose testing equipment	
3	Potential for long term complications related to Diabetes Mellitus	Patient will verbalize understanding of potential complications	Discuss with patient, setup eye exam to establish base-line vision status	
		Patient will repeat proper assessment for potential complications	Discuss with patient importance of regular eye exams	
			Teach symptoms and effects of Diabetic Neuropathy	
			Teach patient how to assess pulses in lower extremities	
			Teach patient how to assess his/her feet with return demonstration	
			Discuss with patient signs and symptoms of infection and importance to notify physician	
			Teach proper foot care	
			Discuss importance of adhering to proper diet. Setup appointment with Nutritionist	
	Discuss importance of exercise.			
	Assist to plan proper exercise program			

4	Altered Nutritional Status: Less than body requirements	Patient's weight will be within desired range for height	Monitor blood glucose levels before each meal to establish patterns	
		Patient will gain ____ pounds by ____	Monitor blood glucose levels at least once daily once patterns have been established	
		Patient will eat 75% of meals	Encourage patient to eat balanced meals at consistent times each day	
			Discuss with patient importance of regular lab tests to monitor cholesterol and triglycerides level. Encourage patient to have lab tests done every three months	
			Setup appointment with Nutritionist as appropriate	
			Discuss with patient diet to insure optimum caloric intake for maintaining weight	
			Discourage use of alcohol	
5	Altered Nutritional Status: More than body requirements	Patient's weight will be within desired range for height	Administer medications as ordered	
		Patient will lose ____ pounds by ____	Discuss with patient strategies to comply with diabetic diet	
		Patient will maintain blood sugar levels below 200	Teach patient how to read food labels	
		Patient will verbalize importance of exercise	Setup appointment with Nutritionist as appropriate	
			Discourage use of alcohol. Discuss effects of alcohol with Diabetes	
			Assist patient to establish exercise program. Discuss ways to incorporate exercise into daily routines	