

Critical thinking
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1. It is important for someone with diabetes to test their glucose blood levels on a regular basis so that they can make sure nothing is abnormal. So say if they keep a log of their checks and they have a couple unusual results, they can show them to the Dr. at their next appointment.
2. It is important for blood chemistry to be placed on a flow chart on a regular basis so you can see any patterns or see if your treatment plan is working. Flowcharts allow you to draw a picture of the way a treatment plan actually works. So that you can understand the process and come up with ideas about how to improve it. That way if results are to high or to low you can identify it and come up with something that is going to work.
3. A lipid panel or lipid profile measures your total cholesterol. Lipids include cholesterol, triglycerides, high-density lipoprotein (HDL) and low-density lipoprotein (LDL). Your doctor can use it to measure the amount of "good" and "bad" cholesterol and triglycerides, a type of fat, in your blood. Cholesterol is a waxy fat that your body uses as a source of energy. For LDL ("bad cholesterol"), lower is better: Less than 100 mg/dL is good. 100 to 129 mg/dL can be good, depending on your health. 130 to 159 mg/dL is borderline high.
4. Cholesterol levels considered normal for adults is less than 200 mg/dL.

7:00am- 86 mg/dL, Low

9:00am- 175 mg/dL, within normal range.

11:30am- 110 mg/dL, slightly lower, still within normal range.

1:30pm- 206 mg/dL- above normal range, high.

2:15pm- 90 mg/dL- low, not considered bad until below 70, still very low.

4:15pm- 150 mg/dL- still in normal range

6:00pm- 100 mg/dL- lower than the last result.

8:00pm- 260 mg/dL- very high, above the normal range for an adult.