

Adult/Geriatric Critical Thinking Worksheet

Student Name: Nadia Balderas

Unit:

Pt. Initials:

Date: 4/4/2021

1. Disease Process & Brief Pathophysiology

Type 2 Diabetes Mellitus (T2DM), one of the most common metabolic disorders, is caused by a combination of two primary factors: defective insulin secretion by pancreatic β -cells and the inability of insulin-sensitive tissues to respond appropriately to insulin.

2. Factors for the Development of the Disease/Acute Illness

First degree relative with DM (P)

Member of high risk ethnic population (P)

Women who delivered baby 9lbs or greater or who had GDM

HTN (P)

Women with POS

HgbA1C of 5.7% or greater (P)

History of CVD

3. Signs and Symptoms

Polyuria (P)

Polydipsia (P)

Polyphagia (P)

Recurrent infections

Prolonged wound healing

Visual changes

Fatigue (P)

Decrease energy (P)

6.5% or higher HgbA1C (P)

FBG-126mg/dL or higher

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4. Diagnostic Tests pertinent or confirming of diagnosis

HgbA1C (P)

Fasting blood glucose

2 hr postprandial or OGTT

Random blood glucose

5. Lab Values that may be affected

HgbA1C (P)

C-peptide

Urine/blood ketones

6. Current Treatment

Insulin injection (P)

Dietary changes (P)

7. Focused Nursing Diagnosis:

Imbalanced Nutrition

8. Related to (r/t):

Insulin deficiency

9. As evidenced by (aeb):

Recent weakness, fatigue and poor muscle tone

11. Nursing Interventions related to the Nursing Diagnosis in #7:

1 .Discuss eating habits and encourage a balanced diet.

Evidenced Based Practice:

Achieves health needs of the patient with the proper diet.

2. Recommend a meal plan.

Evidenced Based Practice:

12. Patient Teaching:

1. Educate patient on a balanced diet.

2. Teach patient what carbs are and how to count them.

3. Educate patient on s/s of hypoglycemia.

13. Discharge Planning/Community Resources:

1. Weigh self at the same time every day.

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Focuses on the recommended distribution of calories.

2. Count carbs.

3. Observe for signs of hypoglycemia.

3. Incorporate patient's food preferences into meal plan.

10. Desired patient outcome:

Display usual energy level.

Evidenced Based Practice:

Changes in LOC, cold and clammy skin, rapid pulse, hunger, irritability, anxiety, headache, lightheadedness and shakiness.

Pathophysiology of Type 2 Diabetes Mellitus -
PubMed (nih.gov)

<https://nurseslabs.com/diabetes-mellitus-nursing->

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care-plans/

DIABETESPT