

## **Case Study 2: Patient G.C.**

You admit G.C., 48 yr. old obese Hispanic male with Type 2 Diabetes on your medical floor with left heel ulceration. He completed antibiotics and Prednisone for a severe respiratory infection 1 week ago. He is a soft-spoken unemployed cook. He conveys that he lives with Mama (she is present speaks no English). He is unmarried and has no children. He appears depressed. You scan his Labs:

Blood glucose 275  
BUN 32 – Creatinine 2.5  
Triglycerides, Total Cholesterol 270

He states he was started on 25 units of NPH Insulin when he developed the foot ulcer several weeks ago. He states his PCP said if he does not “straighten out he may end up on dialysis.” You ask him if he maintains a dietary plan and he says; “sometimes.” GC states his doctor told him to try to maintain a blood glucose level of 100-150.

The next day GC received his AM dose of insulin at 0645. Blood glucose check at 11:30 is 138. You note GC ate poorly at breakfast and very little at lunch because he wanted to rest. At 1430 you want to check on GC and are prepared to change the dressing on his foot. When you enter the room, he says he has a headache. You immediately check his blood sugar which is 69.

- What is your immediate plan of direction?  
Raise his blood sugar. 4-6oz of juice or soft drink.
- Why did the hypoglycemia occur at 4 PM?  
NPH peaks at 4-6 hr mark.
- What nursing diagnoses are appropriate?  
Risk for infection  
Risk for hypoglycemia  
Risk for impaired skin integrity
- Why does the doctor recommend that GC maintain a higher than normal level?  
Because it was high (275) to begin with. He doesn't want G.C. to feel sick.
- What could cause GC's blood sugar to elevate?  
Prednisone could cause his blood sugar to elevate.
- What barriers does GC have?  
He doesn't have a family of his own. (support system)  
He appears depressed; he's not taking good care of himself.
- What are important goals for GC regarding diabetes care?  
Maintain 100-150 blood glucose level  
Make sure he is eating an adequate amount of his meals
- What culture or language challenges might GC have?

Nadia Balderas IM3

G.C. is a Hispanic male, so he might have some trouble changing the food in his diet due to his culture.