

## Medical Case 5: Skyler Hansen

### Guided Reflection Questions

1. How did the scenario make you feel?  
The scenario was different than other since we had to call for orders prior to initiating interventions. Usually the orders are pre-set into the scene. This made you as the nurse utilize the SBAR in order to receive further orders to help this patient.
2. What management options would have been appropriate if Skyler Hansen had been alert and could swallow?  
If Skyler was awake and able to swallow, the nurse could have given him simple carbs such as juice or honey to increase his blood glucose levels.
3. If Skyler Hansen's acute hypoglycemic episode had not have been treated immediately, what could have happened?  
If the hypoglycemia is not treated the patient could suffer from poor circulation, seizures can occur, unconsciousness and eventually death may result.
4. If too much glucose were administered to Skyler Hansen while the health care team was trying to correct his blood glucose level, what could occur?  
Too fast or too much administration of glucose could potentially cause hyperosmolar syndrome. The body will recognize this and try to eliminate the excess glucose by urination. This could also cause severe dehydration.
5. What key elements would you include in the handoff report for this patient? Consider the SBAR (situation, background, assessment, recommendation) format.  
Situation: 18 y/o Male The friends report that he started acting "weird" while they were playing basketball. He has not eaten anything for 5 hours. Skyler told them that he felt lightheaded and was going to lie down on the cement.  
Background: Diagnosed with Type 1 Diabetes 6 months ago.  
Assessment: The patient is drowsy, wakes with stimulus, has slurred speech, is diaphoretic, and is acting irrationally. During assessment patient was unresponsive but still had pulse and breathing.  
Recommendation: I believe the patient's blood sugar is decreasing and in need of glucose check and supplementation. I also recommend further teaching for glucose management.

6. Describe age-appropriate patient teaching for Skyler Hansen and resources that may be helpful to him.

Appropriate teaching would consist of videos or websites for diabetes management.

Teenagers may be more interested in social media and the internet. I would recommend a consult with a dietician to manage meals. I would also recommend joining a social media group or support group for teens and young adults for more useful information.

7. Discuss confidentiality and legal empowerment of 18-year-old patients such as in Skyler Hansen's case.

Skyler will be able to withhold sensitive information from guardians if he wanted to. He can refuse care if he wanted to unless he was a danger to himself or others. Information can be given out without permission if danger to self or others, abuse or neglect or you Skyler had a communicable disease.

8. What would you do differently if you were to repeat this scenario? How would your patient care change?

I would assess the blood sugar sooner. Since the report stated he was a diabetic, the signs and symptoms presented could be other issues. The definite intervention to proof of a glucose issue would be to test the patient's glucose levels. This would prevent the patient from further deterioration.