

Medical Case 5: Skyler Hansen

Guided Reflection Questions

1. How did the scenario make you feel? I felt confident that I knew what to do in this scenario because I had already suspected the patient was hypoglycemic and was prepared to treat the patient for it.
2. What management options would have been appropriate if Skyler Hansen had been alert and could swallow? The patient could have had simple carbohydrates such as crackers, peanut butter or cheese to bring his blood sugar up.
3. If Skyler Hansen's acute hypoglycemic episode had not have been treated immediately, what could have happened? The patient could have started having seizures, loss of consciousness or death.
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? It could have induced hyperosmolar syndrome.
5. What key elements would you include in the handoff report for this patient? Consider the SBAR (situation, background, assessment, recommendation) format. The patient was admitted after playing basketball with his friends due to dizziness and disorientation. The patient has type 1 diabetes and was very hypoglycemic when he came in, his blood glucose was 46. I would recommend teaching the patient the importance of carrying a simple carbohydrate snack with him at all times and inform his friends and family about signs and symptoms of hypoglycemia.
6. Describe age-appropriate patient teaching for Skyler Hansen and resources that may be helpful to him. Make sure to eat a good snack or meal before excessive exercise and always carry a snack or juice with you in case you start to feel your blood sugar is dropping. There are many support groups for others who have type 1 diabetes that could be beneficial for Skyler to be a part of.
7. Discuss confidentiality and legal empowerment of 18-year-old patients such as in Skyler Hansen's case. Since Skyler is 18, he is considered an adult and will be responsible for making his own medical decisions. His information will no longer be shared with his parents unless he chooses.
8. What would you do differently if you were to repeat this scenario? How would your patient care change? I would try to offer Skyler some crackers and juice before he started to lose consciousness. Once he lost consciousness, he was unable to swallow and had to be treated with the dextrose IV infusion.