

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?
To recheck the blood sugar to establish a correct reading
- Why did the hypoglycemia occur at 4 PM?
He had hardly eaten thus he didn't have any carbs, fats, or protein to help with glucose production.
- What nursing diagnoses are appropriate?
Impaired Tissue Integrity related to inflammation of dermal-epidermal junctions secondary to Metabolic and Endocrine Alterations (DM 2)
Imbalanced nutrition: Less than body requirements related to decreased desire to eat secondary to depression.
- Why does the doctor recommend that GC maintain a higher than normal level?
Because he is now on 25 units of NPH
- What could cause GC's blood sugar to elevate?
Prednisone
- What barriers does GC have?
Obese, Sedentary, Hispanic
- What are important goals for GC regarding diabetes care?
Teaching proper foot care, Nutrition, Physical activity
- What culture or language challenges might GC have?
He might have trouble understanding the information given to him. Would be super helpful to get an interpreter who could explain things in his language.