

Type 1 Diabetes Mellitus

Risk Factors

- Autoimmune
- Viral
- Environmental
- Medically induced (removal of pancreas)

Diagnostic Studies/ Labs

- Glycated hemoglobin A1C (HbA1c)
- Fasting plasma glucose (FPG)
- Oral glucose tolerance test (OGTT)
- Random blood glucose

Disease process defined

- Complete destruction of pancreatic beta cells
- Insulin deficiency/lack of insulin production

Signs and Symptoms

- Rapid onset of symptoms
- Polyuria
- Polydipsia
- Polyphagia
- Recent/sudden weight loss
- Fatigue
- Increased frequency of infections
- Prolonged wound healing
- Impending/actual DKA

Nursing Interventions/ Medication

- Strict dietary control
- Strict glycemic control
- Physical activity
- Insulin (rapid, short, long acting)

Potential Complications

Acute

- Hypoglycemia
- Hyperglycemia
- DKA
- HHS

Chronic

- **Microvascular**
 - Retinopathy
 - Periodontal disease
 - Nephropathy
 - Neuropathy
 - Gastroparesis
- **Macrovascular**
 - CVD/PVD/CAD
 - MI
 - Stroke
 - Erectile dysfunction

Patient Teaching

- Strict monitoring of blood glucose levels
- Tight glycemic control
- Dietary modifications/restrictions
- Physically active
- Take insulin as prescribed

Type 2 Diabetes Mellitus

Risk Factors

- Overweight/obese
- Fat distribution
- Family history
- Race/Ethnicity
- High cholesterol
- Age 40 & older
- Pre-diabetic/Gestational diabetes
- PCOS
- Chronic glucocorticoid exposure
- Sedentary lifestyle

Diagnostic Studies/ Labs

- Glycated hemoglobin A1C (HbA1c)
- Fasting Plasma Glucose (FPG)
- Oral Glucose Tolerance Test (OGTT)
- Random Glucose Test

Disease process defined

- Insulin deficiency
- Insulin resistance

Signs and Symptoms

- Polyuria
- Polydipsia
- Polyphagia
- Fatigue
- Recurrent infections
- Prolonged wound healing
- Vision problems

Nursing Interventions/ Medication

- Oral Medications
- Insulin (rapid, short, long, longer acting)
- Lifestyle Changes
- Diet Changes
- Increased Activity Levels
- Maintaining good glycemic control

Acute & Chronic Complications

Acute

- Hypoglycemia
- Hyperglycemia
- DKA
- HHS

Chronic

- **Microvascular**
 - Retinopathy
 - Periodontal disease
 - Nephropathy
 - Neuropathy
 - Gastroparesis
- **Macrovascular**
 - CVD/PVD/CAD
 - MI
 - Stroke
 - Erectile dysfunction

Patient Teaching

- Monitor blood glucose levels & keep in target range
- Change lifestyle (diet, exercise)
- Keep cholesterol & BP at normal levels
- Take medication as prescribed



