

Disease: **DMT2a**

Pertinent Common Signs and Symptoms

• Polyuria
• Polydipsia
• Polyphagia

Pertinent Physical Exam Findings/Risk Factors

Risk Factors:
- Obesity
- African American
Physical Exam Findings:
- Hyperglycemia
- $> 250 \text{ mg/dL}$ (glucose)

Student Name: **Shayla Mitchell**

Pertinent Nursing Interventions

Monitor: blood glucose
I&O and weight
Skin integrity & wound healing checks
Visual alterations

Disease and Brief pathophysiology

A Progressive condition due to increasing inability of β cells to respond to insulin and decreased production of insulin by β cells. Linked to obesity, sedentary lifestyle, and heredity.
- Inability of the body's cells to respond to insulin

Client Education/Health Promotion

- Teach that exercise & good nutrition are necessary for preventing or controlling T2DM
- Encourage a diet low in LDL
- Encourage exercise & water

Labs

Fasting blood glucose
Oral glucose tolerance test
HbA1c
Urine ketones

Diagnostic Procedures

Self-monitored blood glucose

Pertinent Medications

Insulin regimens (Depending on Situation)
Oral hypoglycemics
Amylin mimetic

Potential Problems

Diabetic Retinopathy
Diabetic Neuropathy
Diabetic Nephropathy

Disease: **DMT1**

Student Name: **Shayla Mitchell**

