

System Disorder

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DISORDER/DISEASE PROCESS Type 1 Diabetes

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
Type 1 Diabetes

Pathophysiology Related to Client Problem
destruction of insulin-secreting beta cells of the islets of Langerhans in the pancreas. As beta-cell mass declines, insulin secretion decreases until the available insulin no longer is adequate to maintain normal blood glucose levels.

Health Promotion and Disease Prevention
There's no known way to prevent type 1 diabetes.

ASSESSMENT

Risk Factors
family history, genetics, age

Expected Findings
Increased thirst
Frequent urination
Bed-wetting in children who previously didn't wet the bed during the night
Extreme hunger
Unintended weight loss
Irritability and other mood changes
Fatigue and weakness
Blurred vision

SAFETY CONSIDERATIONS

Early Signs abd symptoms
Sweating
Shakiness
Hunger
Dizziness or lightheadedness
Rapid or irregular heart rate
Fatigue
Headaches
Blurred vision - sometimes dramatic
Poor coordination
Convulsions

Laboratory Tests

Diagnostic Procedures

PATIENT-CENTERED CARE

Nursing Care
Maintaining adequate nutrition.
Promoting skin integrity.
Preventing infection.
Regulating glucose levels.
Learning to adjust to having a chronic disease.
Learning about and managing hypoglycemia and hyperglycemia, insulin administration, and exercise needs for the child.

Medications
Short-acting (regular) insulin
Rapid-acting insulin
Intermediate-acting (NPH) insulin
Long-acting insulin
Other medications
High blood pressure medications
Aspirin
Cholesterol-lowering drugs

Client Education
Blood sugar monitoring
Healthy eating and monitoring carbohydrates
Physical activity

Therapeutic Procedures
life long insulin therapy

Interprofessional Care
endocrinologist
dietitian/nutritionist
for further assessment and care

Complications
Situational concerns
Driving
Working
Being pregnant
Being older