

Lab simulation after Diabetes Case Study

1. Is the man in the video type 1 or 2 diabetic? Explain

Type 2 because of the prescription of Metformin XR 500 mg PO with evening meal.

2. If you have an infection, your blood sugar may rise.

A True

B False

3. A person with diabetes should stop taking their medications when they are sick

A True

B False

4. Would an A1C be important for the man in the video? What would this lab tell us about the patient?

Yes, it would be. This lab would allow us to compare the difference between the patient's blood sugar level from the past 2-3 months to now. This will show if there was an extreme change in this patient's blood glucose levels.

5. What are some complications of diabetes that the man in the video needs to be educated on? Complications of diabetes are skin conditions, hearing impairments, eye damage, nerve/kidney damage, foot damage, and cardiovascular disease.

6. What education on controlling diabetes should this patient be educated?

Eat a diabetic controlled diet. You should focus on eating lean protein, high fiber, less processed carbs, fruits and vegetables, low-fat dairy, and also healthy vegetable-based fats such as avocado, nuts, canola, or olive oil. Also manage your carbohydrate intake.

7. Should the patient in the video be educated on hypoglycemia? Why and what are the signs? Education can never hurt, but this patient isn't experiencing low blood sugar. Signs of low blood sugar are excess sweating, excessive hunger, lightheadedness, shakiness, nausea/vomiting, and confusion.

8. What would you education the patient in the video about insulin injections?

I would educate the client to use the correct insulin syringe to make sure they get the correct dose of insulin. They can inject in the abdomen, upper arm, buttocks, hip, and front or side of thigh. I would tell them to rotate sites. Then clean skin with alcohol, pinch the skin, insert needle straight into the skin, push down on the plunger to inject insulin, and then pull out the needle. I would tell the patient to then dispose of the insulin syringe as directed without recapping.

9. What are risk factors for Type 2 Diabetes and what risk factors does the patient in the video have?

Family history, obesity, age 45 or older, hypertension, and ethnicity are risk factors for Type 2 diabetes.

This patient is over the age of 45 and possible diagnosis of obesity. Not enough info provided about health/family history.

10. What medication is the man in the video on that can increase blood sugar and needs tapered when discontinuing?

Prednisone 25 mg PO