

Lab simulation after Diabetes Case Study

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

The patient in the video is a type 2 diabetic for the following reasons: age of onset, morbid obesity; and takes regular insulin every AM before breakfast only, which indicates that he is not insulin dependent.

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?

An A1C is important for the patient because it measures the average blood glucose over the past two to three months and will show how well the patient's diabetes management plan is working.

5. What are some complications of diabetes that the man in the video needs to be educated on?

Some potential complications of diabetes include heart and blood vessel disease, nerve damage (neuropathy), kidney damage, slow healing, hearing impairment, skin conditions, sleep apnea, and Alzheimer's disease.

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

Ways to control diabetes include eating healthy foods, getting active, lose weight, and avoid being sedentary for long periods.

7. Should the patient in the video be educated on hypoglycemia? Why and what are the signs?

The patient should be educated on hypoglycemia because hypoglycemia is common in people with diabetes who take insulin and some oral diabetes medications.

During the early stages of hypoglycemia, you may: sweat, tremble feel hungry, and feel anxious.

If untreated, your symptoms can become more severe, and can include difficulty walking, weakness, difficulty seeing clearly, bizarre behavior or personality changes, confusion, and unconsciousness or seizure.

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

- Discuss the process of starting insulin with the patient; encourage the patient to have a family member present if they so desire
- Allow the patient to ask questions and discuss, reassure about any fears they may have regarding insulin injections
- Advise the patient that you will explain each step of the procedure, consider the patient's ability
- Have the patient perform a blood glucose reading with their glucometer in the office and record on the glucose log sheet
- Demonstrate to the patient the use of device that has been prescribed for the delivery of insulin
- Discuss correct disposal of sharps
- Discuss storage of insulin and device used
- Discuss times of meals and insulin injections, emphasize the importance of a regular schedule for eating and insulin administration
- Discuss and give booklets about hypoglycemia, prompt recognition and treatment of
- Provide written information re insulin doses
- Discuss hyperglycemia, sick day rules and provide written information
- Discuss driving and implications now that patient has commenced insulin therapy
- Have patient re-demonstrate insulin and blood glucose monitoring technique as many times as needed for them to be comfortable with self-care
- Discuss action of insulin and dose adjustment
- Review with patient what oral hypoglycemic agents to be stopped/taken

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

Risk factors of Type 2 Diabetes include overweight/obese, age 45 or older, have a family history of diabetes, are not physically active, have a history of heart disease/stroke, have high BP, have a low level of HDL cholesterol, of a high level of triglycerides, if you are African American,

Hispanic/Latino, or Asian American, and if you have areas of darkened skin, usually in the armpits and neck.

The patient is overweight/obese, and age is greater than 45.

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

The patient is taking Prednisone that can increase blood sugar and needs tapering when discontinuing.