

## Lab simulation after Diabetes Case Study

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

Type 2, client takes metformin which is T2DM specific drug.

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

**A True XX**

B False

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

A True

**B False XX**

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

A1C is important for the man in the video because it gives a general glucose reading for several months up to the current date. The indicated reading for a normal individual are below 5.7%, for prediabetics 5.7% - 6.4%, and diabetic individuals are above 6.4%.

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

The most common complications this client may have include kidney disease, heart disease, eye problems such as glaucoma, stroke, high blood pressure, neuropathy, or skin infections due to poor circulation

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

This patient should be educated to take medications as prescribed, monitor glucose levels consistently, follow a proper diet, exercise as much as possible, and to see a doctor when having problems with glucose control.

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

Yes, hypoglycemia is a problem can occur with any diabetic. Maintaining proper glucose levels is vital for good body health. S&S include seizures, mood changes, confusion, headaches, visual disturbances, and tachycardia

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

The nurse should inform the client how to properly prepare insulin injections. The client should know how to assess therapeutic or adverse effects of the medicines that are being given and to inform the PCP if any adverse effects appear. The client should also be informed when to seek emergency care if problems arise.

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

Risk factors for T2DM include obesity, age, family history, race, hypertension, hx of gestational diabetes, depression and polycystic ovary syndrome.

In the video the client has obesity, age, and early stages of hypertension.

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

Prednisone is the medication that can raise glucose levels and does need to be tapered when discontinuing to prevent adverse effects from taking place.

#### References

<https://camdenhealth.org/wp-content/uploads/2011/07/Safe-Efficient-Insulin-Use-LH21.pdf>

<https://www.healthline.com/health/low-blood-sugar-effects-on-body#1>