

Subjective

- Patient's parents report polyuria, polydipsia, and rapid weight loss
- Patient experiencing deep and rapid respirations (Kussmaul respirations)
- Patient is showing signs of dehydration
- Patient appears lethargic and confused

Nursing Diagnosis/Outcomes

- Fluid volume deficit related to polyuria and dehydration as evidenced by report of polyuria by patient's parents and signs of dehydration.
 - Outcome: Patient will maintain adequate hydration
- Electrolyte imbalance related to fluid loss as evidenced by patient's labs.
 - Outcome: Patient will maintain adequate hydration and food intake
- Imbalanced nutrition: less than body requirements related to insufficient insulin as evidenced by reports of rapid weight loss by patient's parents.
 - Outcome: Patient will take appropriate amounts of calories and nutrients
- Deficient knowledge about diabetes information related to new diagnosis as evidenced by patient's request for more information.
 - Outcome: Patient will correctly perform necessary procedures for the management of diabetes
- Anxiety related to management of diabetes as evidenced by reports by patient's verbally.
 - Outcome: Patient will manage anxiety with cognitive strategies

Objective

- Labs show: elevated glucose, elevated sodium, elevated chloride, and low phosphorous levels
- ABGs show metabolic acidosis: low pH, low sodium bicarbonate, and low partial carbon dioxide levels
- Vital signs were within range

History of Present Illness

- 18-year-old female admitted for lethargy
- Parents report patient has been experiencing polyuria, polydipsia, and rapid weight loss for about a month
- No past medical history or surgical history

Nursing Interventions

- Administer IV fluids as prescribed
- Measure intake and output
- Monitor patient's lab values
- Monitor cardiac status with ECG
- Encourage oral intake of food after NPO order is changed
- Educate patient about dietary intake
- Educate patient about glucose monitoring
- Educate patient about antidiabetic medication and how to administer
- Educate the patient about cognitive strategies to relieve tension
- Educate the patient with her parents present, if she feels more comfortable

