

**Disease: Diabetic ketoacidosis**

**Student Name: Bibiana Schell**

**Pertinent Common Signs and Symptoms**

Excessive thirst  
Frequent urination  
Nausea and vomiting  
Abdominal pain  
Weakness or fatigue  
Fruity-scented breath  
Confusion  
Shortness of breath

**Pertinent Physical Exam Findings/Risk**

Undiagnosed diabetes type 1  
Unmanaged blood glucose levels  
Alcohol or drug abuse  
Heart attack  
Certain medications, like corticosteroids or diuretics

**Pertinent Nursing Interventions**

Encourage client to stop smoking  
Instruct the patient to limit alcohol intake  
Administer insulin  
Monitor blood glucose levels

**Disease and Brief Pathophysiology**

Diabetic ketoacidosis is a complication of diabetes that occurs when the body produces high levels of blood acids called ketones. This condition happens when the body cannot produce adequate amounts of insulin.

**Client Education/Health**

Teach patient how to use a glucometer  
Teach patient how to count macronutrients  
Promote healthy, well-balanced diet  
Promote regular exercise

**Labs**

Blood sugar level  
Ketone levels  
Blood acidity

**Diagnostic Procedures**

Blood electrolyte  
Urinalysis  
Chest x-ray  
EKG

**Pertinent**

Insulin therapy  
Electrolyte replacement  
Fluid replacement  
Frequent blood sugar monitoring

**Potential Problems**

Hypoglycemia  
Hypokalemia  
Cerebral edema

