

Nursing Care Plan

Hyperglycemia in Type 2 Diabetes



SimpleNursing

Patient Name Joe Care Provider Name Jill

Room No. 1 Date 3/6/25

Assessment

Subjective Data:

- Reports dietary patterns, meal frequency, and portion sizes.
- Evaluate understanding of carbohydrate counting and glycemic index.
- Identify barriers to lifestyle modifications, including cultural or socioeconomic factors.

Objective Data:

- Monitor blood glucose levels (fasting, postprandial, and bedtime).
- Check Hemoglobin A1c every 3 months.
- Record weight, BMI, and waist circumference.
- Assess vital signs for hypertension and heart rate.

Diagnosis

Related to:

- Excessive caloric intake and consumption of high-carbohydrate foods.
- Sedentary lifestyle and lack of physical activity.
- Insulin resistance associated with obesity and metabolic syndrome.
- Inconsistent medication adherence or improper timing of oral antidiabetic drugs.

As evidenced by:

- Elevated blood glucose levels (>180 mg/dL postprandial).
- Increased Body Mass Index (BMI) >30 .
- Elevated Hemoglobin A1c ($>7\%$).
- Weight gain or inability to lose weight despite attempts.

Goals & Outcomes

Short-Term Goals:

- Achieve fasting blood glucose levels between $70-100$ mg/dL within one week.
- Maintain postprandial blood glucose <180 mg/dL.
- Understand carbohydrate counting and portion control by the end of education session.
- Engage in at least 150 minutes of moderate exercise per week.

Long-Term Goals:

- Achieve and maintain a 5-10% weight loss within 3-6 months.
- Reduce HbA1c to $<7\%$ within 3-6 months.
- Establish a sustainable meal plan to manage glycemic control and prevent weight gain.
- Prevent complications such as cardiovascular disease, neuropathy, and retinopathy.

Interventions

Dietary Education:

- Educate on carbohydrate counting, portion control, and the glycemic index.
- Encourage nutrient-dense, high-fiber foods.

Physical Activity Promotion:

- Encourage at least 150 minutes of exercise per week.
- Educate on the benefits of resistance training twice a week to improve insulin sensitivity.

Medication Management:

- Educate on the importance of medication adherence.
- Monitor for side effects of oral medications, agents like metformin, sulfonylureas.
- Collaborate with the provider for medication adjustments.

Blood Glucose Monitoring:

- Encourage routine blood glucose checks.

Evaluation

Evaluate patient progress to see if short-term and long-term goals & outcomes were achieved. Track progress.

Nursing Care Plans

Hussin A.Rothana



Nursing Care Plans:

Reviewing **Nursing Care Plans**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Nursing Care Plans**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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