

**Nursing Diagnosis**

Possible Nursing Diagnoses:

- Risk for unstable blood glucose
- Deficient knowledge
- Imbalanced nutrition
- Ineffective health maintenance

Related To (r/t):

- Lack of knowledge of disease
- Inadequate monitoring of intake and glucose
- Lack of adherence to management plan

As Evidenced By (aeb):

- Elevated BMI
- Anxiety
- Hyperglycemia
- Hypoglycemia
- Abnormal lab values

**Patient Goals
(Short and/or long term)**

- 1.The patient will understand their diagnosis.
- 2.The patient will understand dietary management.
- 3.The patient will understand glucose monitoring.
- 4.The patient will maintain a stable blood glucose level through monitoring, medication, diet, and activity.
- 5.The patient understands the signs and symptoms of hypoglycemia and hyperglycemia.

**Nursing Interventions
(Including rationale)**

- 1.The nurse will monitor the patients blood sugar levels.
- 2.The nurse will educate the patient on proper dietary management and monitoring.
- 3.The nurse will educate the patient on blood glucose monitoring.
- 4.The nurse will educate the patient on medications and proper administration.
- 5.The nurse will educate the patient on hypoglycemia and hyperglycemia, symptoms and treatments.
- 6.The nurse will encourage an open environment to help facilitate learning and support.

Include evidenced based rationales for each nursing intervention using your textbooks.

Evaluation

State whether or not the goal was met.

If the goal wasn't met, what progress did they make, and what changes do you need to make to the care plan.

Give your recommendations for changing the care plan to improve patient outcomes.

