

Nursing care Plan

1. CLIENT PROFILE:

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| --- | --- | --- | --- | --- | --- |
| Client Initials: | L.H | Date of Admission:  |  | Gender: female |  |
| Age:  |  | Date(s) of Care:  |  | Weight/ Height: |  |

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**11-NURSING CARE PLAN:**
DIAGNOSIS LIST:

- Risk for impaired skin integrity r/t delayed open wound healing.

- Risk for Ineffective Therapeutic Regimen Management r/t new-onset illness.

- Risk for unstable blood glucose level r/t insulin resistance.

- Deficient Knowledge r/t lack of the information or misunderstanding.

- Risk for infection r/t delayed healing of wounds.

- Risk for imbalanced nutrition r/t decreased oral intake.

- Risk for imbalanced fluid volume r/t excessive urination.

**PLANNING:**

1. **DIAGNOSIS#1:**

 Risk for impaired skin integrity r/t delayed open wound healing.

**INTERVENTIONS:**

1. Assess the condition of the skin.
2. Change the position of the patient.
3. Teaching the patient how to take care of his feet in terms of heating, moisturizing and clipping nails.

**RATIONALE:**

1. To find out if there is any problem in the skin and plan to treat it.
2. To avoid become susceptible to ulcerations.
3. To maintain the temperature, and not to crack the skin and thus infection, and so that the patient doesn’t have to amputate his foot.

**EVALUATION:**

After all these nursing interventions, the patient's skin condition is supposed to be good, moist and clean, free from any potential ulcers or infection.

1. **DIAGNOSIS#2:**

Risk for Ineffective Therapeutic Regimen Management r/t new-onset illness.

**INTERVENTIONS:**

1. Knowing the financial source of the patient.
2. Remind the patient to take the necessary medication and monitor glucose levels.
3. Check the patient's knowledge about the disease and the medications to be taken and the treatment.

**RATIONALE:**

1. So that money isn't an obstacle to the cost of medicines and glucose monitoring supplies.
2. This is because it's a new disease and he may forget to follow himself because he isn't used to.
3. This is because some patients may not have sufficient knowledge about the disease.

**EVALUATION:**

The patient's information and knowledge about his medication became appropriate enough for him, and the patient made it clear that he was able to pay the treatment cost and that he had become accustomed to taking the medication and would not forget it.

1. **DIAGNOSIS#3:**

Risk for unstable blood glucose level r/t insulin resistance.

**INTERVENTIONS:**

1. Assess for signs of hyperglycemia or hypoglycemia.
2. Glucose monitoring in hospital and at home.
3. Supporting and encouraging the patient to exercise.

**RATIONALE:**

1. To make sure that the blood glucose is within the normal range and to

choose the right treatment to maintain glucose levels.

1. To see if there are any changes to these ratios and to adjust doses

accordingly.

1. Exercise and physical activity help reduce blood glucose levels.

**EVALUATION:**

The patient says that he has committed to exercising and has signed up for a gym, and is committed to monitoring glucose levels and has no signs or symptoms of high or low glucose.

**12- NURSING NOTE:**

On Friday pt. received in bed in supine position on room 207-3 in medical ward, conscious and oriented by 3, pt. is with pain 3/10, she wasn't having enough rest and didn't sleep well. She was on the phone all the time, feel a little scared and stress. Dressing cannula done, VS and SS taken and record, simple insulin (12 IU) and medications given, she on IV fluid which is NS 0.9% 500ml Q5h done. Follow a diet free of sugar and starches, that raise blood glucose levels, and she has a full ROM and walk every day. Reducing the level of glucose in the blood by giving her an insulin needle, giving her fluids to prevent dehydration and replacing with what can be lost from electrolytes.

**References**

<https://nursestudy.net/diabetes-nursing-diagnosis-care-plan/?fbclid=IwAR39zjl_a2blkpc9zlBXvZVmeDvKqUqT6JOmavgaXtuA_p6-QM3uop6LUOA>

<https://nurseslabs.com/diabetes-mellitus-nursing-care-plans/12/?fbclid=IwAR2kb8z0vAVKkPWDPKJ6Q2cdgOXQrS0HaRnx6MHxHGpsWAd8csMBnKvTh-g>

<https://nursestudy.net/type-2-diabetes-nursing-diagnosis/?fbclid=IwAR1b23CvWLhG2WdDDZMIkukBUJq31KrYOpKfHHtx9mVkd9QHjFeYpb8Mz_o>