

ENDOCRINE HOMEWORK

Complete the following chart, comparing hyper/hypoglycemia

	Hyperglycemia	Hypoglycemia
Nursing Assessment (Client Presentation)	<p>Assess:</p> <p>Capillary blood glucose level, weakness, fatigue, muscle cramps, decreased muscle tone, insomnia, tachycardia, tachypnea, dizziness, headaches, numbness/ tingling, decreased level of consciousness, or change in consciousness, seizure, visual impairment</p>	<p>Assess:</p> <p>Capillary blood glucose level</p> <p>Last dose of medication/ insulin</p> <p>Last meal</p> <p>Diaphoresis, hunger, tremor, anxiety, parasthesias, palpitations, tachycardia</p>
Nursing Planning	<p>Nurses must plan for increases in blood glucose levels, which can lead to DKA/ HHS</p> <p>Nurses must plan for:</p> <p>IV access, Insulin & Potassium administration,</p> <p>Ongoing evaluation of capillary blood glucose levels q 5-15 minutes (agency protocol specific).</p>	<p>Nurses must plan for continuing decline in capillary blood glucose levels, which can lead to profound coma and death.</p> <p>Nurses must plan for:</p> <p>IV access, Glucagon administration, administration of simple sugars (Dextrose tablets)</p> <p>Ongoing evaluation capillary blood glucose levels q 5-15 minutes (agency protocol specific).</p>
Nursing Implementation/ Interventions	<p>Observe for infection</p> <p>Provide education on management of hyperglycemia, including administration of</p>	<p>Provide education on risk reduction of hypoglycemia as well as management of hypoglycemia: BS/BG monitoring, including simple sugars and</p>

	<p>medications</p> <p>Dietary education</p> <p>Weight loss</p> <p>Education on symptoms of DKA</p>	<p>emergency management</p> <p>Dietary education</p> <p>Education on rule of 15s: Low blood glucose level = eat 15g of simple concentrated carbohydrates, wait 15 minutes, check again. If still hypoglycemic, consume 15g carbohydrate again.</p> <p>Weight loss</p>
Nursing Evaluation	<p>Monitor for DKA</p> <p>Monitoring BS (schedule based on highs/ lows of types of exogenous insulin)</p>	<p>Monitor for low blood glucose levels</p> <p>Monitoring capillary blood glucose levels (schedule based on highs/ lows of types of exogenous insulin)</p>
Emergency Scenario & Nursing Action	<p>IV Access</p> <p>Insulin administration</p> <p>Potassium administration</p> <p>Ongoing capillary blood glucose monitoring (q5-15 minutes)</p>	<p>IV Access</p> <p>Glucagon administration</p> <p>Ongoing capillary blood glucose monitoring (q5-15 minutes)</p>