

Type 2 Diabetes

(Example Concept Map)

Assessment

3 Ps: Polyuria, Polydipsia, Polyphagia,
Poor circulation, wound healing,
retinopathy, neuropathy, renal
damage, Elevated hgbA1C>7,
elevated BS, Hypertension

Treatment

Oral Diabetic Meds, Diet, Exercise, Blood Sugar
monitoring, Type 2 may need insulin

Pathophysiology

A Pancreatic disorder resulting in insufficient or
lack of insulin production. Insulin is the key to
allow glucose to enter cells. Beta cells do not
produce enough insulin or the body becomes
resistant to insulin.

Patient Education

Blood sugar testing, Diet and exercise, S&S
Rx of Hypoglycemia and RX(fast acting
Carbs15-20gms) Insulin storage and
administration
Yearly eye exams, checking feet daily

Nursing Diagnoses

Imbalanced nutrition> body requires
Risk for injury d/t neuropathy
Powerlessness d/t long term disease
Knowledge deficit re: disease and
self-care

Lab and Diagnostic Procedures

Fasting Blood glucose: used to diagnose elevated
blood glucose normal fasting levels 70-110
HgbA1c: determines glycemic control over 3-4
months recommended level is 7%; result >8%
indicates need for treatment changes