Diabetes Mellitus Nursing Care Plan

Patient information	
Name: Mark Miles	Age: 32
Gender: M	

Medical history

- [x] Family history of diabetes
- [ ] History of gestational diabetes
- [x] Recent history of elevated blood glucose levels
- [x] Use of oral medications for diabetes
- [x] Current insulin therapy (e.g., insulin injections or continuous subcutaneous insulin infusion)
- [x] Others (Please specify):
  None

Assessment

Subjective data

- [x] Reports of increased thirst and urination
- [x] Complaints of blurred vision
- [ ] Fatigue and weakness
- [x] Numbness or tingling in extremities
- [x] Reports of high blood sugar
- [ ] Difficulty adhering to blood glucose monitoring schedule
- [ ] Others (Please specify):

Objective data

- [x] Blood glucose level outside target range
- [x] Abnormal lab values (e.g., HbA1c, fasting glucose)
- [ ] Elevated blood pressure
- [x] Signs of dehydration (dry skin, low urine output)
- [ ] Others (Please specify):

Vital signs

Heart rate: 82 bpm

Blood pressure: 145/90 mmHg

Respiratory rate: 18 breaths/min

Temperature: 98.6°F

Nursing diagnosis
Impaired blood glucose regulation related to ineffective insulin use, dietary non-adherence, and elevated HbA1c levels.

Goals and outcomes	
Short-term	**Long-term**
Patient will verbalize understanding of the importance of consistent blood glucose monitoring within 24 hours.	Patient will achieve and sustain an HbA1c level below 7% within 6 months.

Nursing interventions
Monitor blood glucose levels before meals and at bedtime.

Rationale
Frequent monitoring helps detect hyperglycemia early and allows for timely intervention.

Evaluation

-After 3 days, the patient demonstrated an understanding of blood glucose monitoring by accurately using a glucometer.
-Blood glucose levels decreased to below 180 mg/dL, meeting the short-term goal.

Additional notes

Patient has been advised to join a diabetes support group for ongoing motivation.

Nurse’s information

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