

# Diabetes Nursing Care Plan

## Patient Information

Name:

Age:

Gender:

Type of Diabetes:

Coexisting Health Conditions:

Allergies:

Current Medications:

## Lifestyle Factors

Dietary Preferences:

Physical Activity Level:

Other Relevant Factors:

## Medical History

Previous Diabetes-Related Complications:

Other Relevant Medical History:

## Current Symptoms

Blood Glucose Levels:

Presence of Polyuria, Polydipsia, Polyphagia:

Any Other Relevant Symptoms:

## Key Lifestyle Factors

Current Diet:

Physical Activity Habits:

Sleep Patterns:

Stress Levels:

## Medication Management

**Current Medications:** Type, Dosage, Frequency:

**Prescribed Insulin:** Type, Dosage, Administration Instructions:

## Dietary Recommendations

### Meal Planning:

Preferred Diet Type:

Dietary Restrictions:

### Blood Glucose Monitoring:

Frequency:

Target Range:

## Lifestyle Modifications

### Physical Activity Recommendations:

Type, Frequency, Duration:

### Stress Management Techniques:

Techniques Recommended:

## Patient Education

### Understanding Diabetes:

- Explanation of Diabetes Type and Management.

**Medication Adherence:**

- Educate on the importance of consistent medication use.

**Dietary Guidance:**

- Provide meal planning tips and nutritional guidance.

**Lifestyle Changes:**

- Encourage and discuss the benefits of physical activity.

**Patient Empowerment**

**Setting Realistic Goals:**

- Collaboratively establish achievable health goals.

**Self-Monitoring:**

- Educate on self-monitoring techniques.

**Regular Evaluations**

**Blood Glucose Monitoring:**

- Review trends and adjust medication as needed.

**Symptom Assessment:**

- Evaluate changes in symptoms.

**Lifestyle Modifications:**

- Assess adherence and adjust recommendations.

**Follow-up Appointments**

**Next Appointment Date:**

**Additional Notes:**