

Hypoglycemia Nursing Diagnosis

Risk for unstable blood glucose level is defined as the susceptibility to fluctuations in blood glucose levels that deviate from the normal range, which may compromise the individual's health (Herdman et al., 2024).

Risk factors	At risk population	Associated conditions
<ul style="list-style-type: none">• Excessive stress• Excessive weight gain• Excessive weight loss• Inadequate adherence to treatment regimen• Inadequate blood glucose self-monitoring• Inadequate diabetes self-management• Inadequate dietary intake• Inadequate knowledge of the disease• Management• Inadequate knowledge of modifiable factors• Ineffective medication self-management• Sedentary lifestyle	<ul style="list-style-type: none">• Individuals experiencing rapid growth period• Individuals in intensive care units• Individuals of African descent• Individuals with altered mental status• Individuals with compromised physical health status• Individuals with delayed cognitive development• Individuals with family history of diabetes mellitus• Individuals with history of autoimmune disorders• Individuals with history of gestational diabetes• Individuals with history of hypoglycemia• Individuals with history of pre-pregnancy overweight• Low birth weight infants• Native American individuals• Pregnant women > 22 years of age• Premature infants• Women with hormonal shifts indicative of normal life stage change	<ul style="list-style-type: none">• Cardiogenic shock• Diabetes mellitus• Infections• Pancreatic diseases• Pharmaceutical preparations• Polycystic ovary syndrome• Pre-eclampsia• Pregnancy-induced hypertension• Surgical procedures

Herdman, T. H., Kamitsuru, S., & Lopes, C. T. (2024). NANDA International nursing diagnoses: Definitions & classification, 2024-2026 (13 2024). Thieme. <https://nanda.org/publications-resources/publications/nanda-international-nursing-diagnoses/>