**DKA - SBAR Assignment**

Your patient Willow is getting ready to be discharged home. She is feeling better and is anxious to get home. As her nurse, you feel nervous for her discharge as you feel she may require additional education to ensure she does not end up being readmitted for another episode of DKA. When talking with Willow you have heard her mention that she doesn’t always use her insulin pump as she should. She sometimes lets it run out and doesn’t refill it. She also has mentioned to you that she isn’t great at checking her blood glucose levels at home because she is often “to busy”. She also admits to smoking, she feels it helps her keep weight off.

You call the diabetic nurse educator to see she can help speak to Willow about some changes she could make to ensure she manages her diabetes in a more effective way.

**S**

**B**

**A**

**R**

While waiting for the nurse educator to come speak with Willow you see that she has only picked at her lunch. You ask why, she says she is nervous to gain weight so she doesn’t eat “a lot”. You ask her about the things she likes to eat, she says she tries to eat healthy but sometimes ends up getting really hungry and eats too much. She seems to indicate that she ends up eating two meals a day.

You recognize that this isn’t an ideal eating pattern for someone with Type 1 diabetes so you also page the Registered Dietitian, what would you share with her about your concerns?

**S - My patient Willow Rosenberg Is getting ready to be discharged today. I feel that she may require additional education to ensure she does not end up having another episode of DKA**

**B - Willow is a 23-year-old female who has diabetes mellitus type 1 and was admitted for DKA. She is currently using an insulin pump at home. she is able to check her blood glucose levels and she is also a smoker.**

**A - While talking with the patient she mentioned not always using the insulin pump, letting it runout, and then not refilling it. says she is often too busy to check her blood glucose levels at home. Patient also states that she smokes because she feels it keeps the weight of. Willow is nervous to gain weight but tries to eat healthy.**

**R - I recommend that we instruct the patient to a pamphlet to read on preventing DKA episodes and understanding the use and importance of her insulin pump. To adhere with her busy schedule, we will set up a time plan for her to check blood glucose levels at home. She should be recommended to a nutritional plan to help her eat healthy in a way that complies with her diabetes.**