**Practical Nursing Diploma Program**

**Pre-Clinical Nursing Care Research Assignment**

**“Prep and Plan”**

The Pre-Clinical “Prep and Plan” must be completed and submitted to your clinical faculty at the beginning of each clinical shift. This information will ensure that you are adequately prepared for your patient assignment.

**Medical-Surgical Diagnoses:**

Type 1 diabetes mellitus - the pancreas makes little or no insulin. Insulin is a hormone the body uses to allow sugar (glucose) to enter cells to produce energy. Type 1 diabetes has no cure. Treatment is directed toward managing the amount of sugar in the blood using insulin, diet and lifestyle to prevent complications.

**Anticipated assessment data for this patient:**

1. Vital signs 4. Height and Weight
2. Skin 5. Urine Specimen
3. Intake and Output 6. Blood glucose

**List 2 priority “NANDA” Nursing Diagnoses based on the above assessment data:**

1. Risk for unstable blood glucose level related to patient stopping to use Insulin pump
2. Risk for imbalanced nutrition: less than body requirements related to significantly decreased appetite for the past 4 days as evidenced by severe diffused abdominal pain, nausea, vomiting.

**Identify specific nursing interventions to support these priority nursing diagnoses: (action plan)**

1. Provide Diabetes education 4. Maintain adequate nutrition
2. Monitor Glucose 5. Regulate glucose levels
3. Ensure adequate and appropriate nutrition. 6. Promote skin integrity

**Based on your prep & plan what will you pay special attention to: (What do you see as the patient’s priority issue?**)

**I will pay special attention to patient nutrition and blood glucose levels. The priority will be maintaining blood glucose of the patient within a safe range.**

**What teaching do you think your patient will require?**

**Patient will require teaching on taking insulin as prescribed. Along with eating a balanced diet and checking their blood sugar levels. Also, the patient will require teaching on regulating their physical activity while maintaining safety precautions.**

**References:**

[**https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc-20353011**](https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc-20353011)