

Diabetes Patient Concept Map

Diabetes is a complex and chronic [NURS FPX 6004 Assessment 4 Training Session for Policy Implementation](#) disease. It requires a high level of knowledge and experience for effective management.

The team at Washington Center for Wound Healing & Hyperbaric Medicine is here to help you through this difficult journey. Together, we will develop a plan that fits into your life.

Diabetes Comorbidities

The comorbidities associated with diabetes affect how you feel, what you eat, and your overall health. They can also make it harder to manage your diabetes.

People with diabetes often have a higher risk of developing other health conditions, including heart disease, high blood pressure, stroke, and kidney disease. Some of these comorbidities can be managed by changing your diet and [NURS FPX 6004 Assessment 4](#) exercise habits.

Depression and anxiety: Mental health problems can have a big impact on how you feel, your daily life, and your ability to manage diabetes. These symptoms can be difficult to diagnose and may not go away on their own.

Frequent urination: The body's attempt to remove excess sugar can lead to frequent urination. This is a sign that you should see a doctor. The treatment plan should be modified over time to accommodate changes in your condition, lifestyle, diet and physical activity level

Medications are often prescribed in addition to lifestyle advice and a healthy diet. These are used to lower blood sugar levels or prevent complications of the disease such as eye, kidney and nerve damage.

Long-term complications from diabetes can include nerve damage (neuropathy), heart attack, and kidney disease. These can lead to serious problems, like blindness or lower limb amputation. These complications typically develop [NURS FPX 6004 Assessment 2 Policy Proposal](#) after many years, but they can happen sooner in some patients than others.

Symptoms

Diabetes affects the way your body controls its blood glucose, or sugar. This problem occurs when your body doesn't make enough insulin or doesn't use it effectively.

Insulin is a hormone that helps the cells in your body absorb glucose, which is the main source of energy for your body. When there isn't enough insulin, glucose can't get into your cells and you may feel hungrier than usual.

Increased thirst and frequent urination are other symptoms. Your kidneys work extra hard to get rid of excess glucose in your blood, so you drink a lot more water than normal.

You might also experience fatigue and blurred vision, tingling or numbness in your hands or feet. These symptoms may come on suddenly or slowly over time and could be a sign of more serious problems that might need medical attention.

Diagnosis

The diagnosis of diabetes is made through [NURS FPX 6011 Assessment 1 Diabetes Patient Concept Map](#) a medical history, physical examination and blood tests. These include a fasting glucose test, random plasma glucose test and an oral glucose tolerance test (OGTT).

When a person has a fasting sugar level above 126 mg/dL, the doctor will likely diagnose the patient with diabetes. A 2-hour OGTT checks blood glucose levels before and after consuming a special sugary drink.

Another important symptom to look for is frequent urination and thirst. These can be a sign of dehydration and should prompt a call to a physician.

Hypoglycemia - Low blood glucose, often the result of insulin therapy, can cause symptoms like blurred vision, confusion, nausea and seizures. The symptom is usually resolved when glucose (usually in the form of a small glucose tablet or orange juice) is eaten.

Treatment

Diabetes is a life-long condition that requires constant care and monitoring. Treatment can include healthy eating, exercise and oral medications or insulin injections.

A multidisciplinary team of physicians, certified diabetes educators and dietitians are necessary for a successful management approach. Psychiatric and [NURS FPX 6410 Exploration of Regulations and Implications for Practice](#) emotional support is also recommended to help patients deal with the challenges of this chronic disease.

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