

Plan for Care for Diabetes Patients

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The group under consideration, in this case, is the Diabetes patients group. Diabetes is referred to as a metabolic disease, which leads to a high sugar level in the blood. The insulin, which is a hormone, moves the sugar from the victim's blood to the cells, where it can be stored or used (Nazarko & Thome, 2020). When a person suffers from diabetes, his/her body stops functioning well by either ceasing producing enough insulin or the body is not in a position to effectively use insulin to control the sugar level in the blood. Diabetes has been categorized as a chronic disease, which can result in other problems such as damage to the heart, kidney, or even blood vessels.

This ill group needs more intervention to help them survive. They can either suffer in type 1 or type 2, but all of them need critical attention to help the patient regain their health and survive. The main reason for selecting this ill group is that this is the most common disease affecting many people in many communities. It is a chronic disease affecting both adult and children, and if it is not treated as soon as possible, it may lead to the development of other complications (ADA, 2018). Another reason for selecting this ill group is that the general treatment of this problem has proven to be very expensive, and poor families are seen to be left

behind, as they cannot afford these services. Therefore, the intervention will not cover all the people suffering from this disease regardless of their social class. The caregivers or parents of the child will be part of participants to ensure the treatment and preventive knowledge is spread to as many people as possible.

Healthy People 2020 Topic

The Healthy people 2020 topic chosen is access to health services. This topic was selected because the plan aims at ensuring the entire patient in the selected HI group are able to access quality health (Finney et al., 2019) services. The topic aims to help the patient gain entry to the health system where they will be part of enhancing services delivery by offering compensation and other information required. The topic works very well with the predicted plan as it will help in creating the health services to the patient. The topic also aims to build trust between the patient and health staff, and this has proven to result in a healthy working. This is because the trust leads to a mutual relationship where the nurses are able to understand what the patients need following the effective communication involved.

Health's Plan of Care

The plan will be involving handling the patient from a whole perspective. This means going more than just drugs. In this care plan, the patient will be dealt with in mind, spirit, and body, which considers greatly to their healing process. It will involve encouraging them to take

the disease positively while using physical activities meant to improve their condition. They will be given all they need for effective coping with the disease, e.g., spirituality, music, aromatherapy, etc. The plan will also involve the patient's family and friends, whom they will be educated on the best way to deal with the victim all meant to enhance recovery. They will be taught in a different way in which they can encourage the patient, which will ensure better to understand as leading away from the mind (Furness et al., 2018). For family members, they will be educated on the best foods the patients are supposed to eat. They will also be educated on how to guide patients in taking their medicines as prescribed.

The health professional will take the patient systematically and make them understand that it will another chance to survive. This will help them to accept the diagnosis and avoid unnecessary stress, which can only worsen their condition. The nurses will prepare their minds and help them understand the disease from another perspective and do away with myths, which tend to kill many patients' hopes. To help the patients and the stakeholders involved cope with the plan, the whole process will be very engaging where their contribution will be taken into consideration. Coping will also be enhanced by educating all the people involved while making them understand the importance of the plan of care. When people fully understand the plan and

continue its intention, it will positively influence the plan of care as it will help it to achieve its goals.

Summary

Week 1

Diabetes disease is classified as a chronic condition affecting many across the world. The disease is said to be caused by many factors, which can be preventable. The statistics show that diabetes disease requires many deaths, and people suffer from other complications. It tends to disrupt the body's ability to produce insulin hormones, which is supposed to regulate the glucose level in the body. The writer proposed educating people about this disease as prevention measure. Conducting questionnaire can also help to collect important information, which can be used to treat the victims.

Research reveals that the disease affects all people regardless of their age or gender and affects all body part, including limbs. The disease is also classified as chronic as it led to other problems such as high blood pressure. The best way to manage this disease is by understanding it, which helps to reduce the possibility of developing other complications. When one gets this

diabetes, it is an umbrella, and often it leads to many problems such as heart attack, kidney failure, adult onset blindness, and lower limb amputation. Its impact continues worsening if the disease is not controlled. Offering education is one goal of healthy people in 2020, which has 16 objectives, which are designed to help reduce the impact of diabetes. Research on that education is the best manner, which helps to reduce the effect of this disease.

Week 3

Diabetes Mellitus is the 7th deadly disease in the US, and proper education has proven effective in controlling this disease. It is a disorder that disrupts processes function known affecting how the body regulates blood glucose. Being poorly is more likely leading to causing this condition. Hypertension and hyperlipidemia are two most conditions that diabetes patients are diagnosed with. Because it has no cure, educating patients on how to cope with the disease is the best way. Coping can help patients to avoid diabetes disease by helping them to manage this disease.

There are many forms of diabetes treatment. It ranges from eating healthy food, exercise, and other medicines to help them regulate blood glucose. Some of the drugs designed

to help diabetic patients include: Metformin, Levamisole, Fluvastatin, Ergonovine, and Lithium. Hydrochlorothiazide (HCTZ). Offering support to diabetic patients is very important as it helps to improve their health. Finally, to ensure the patients get the required attention, a care plan will help the victim and his/her family members to deal with the problem well while ensuring health improvement of the patients.

Week 3

The research says that diabetes is an autoimmune, and it causes long term damage to body organs such as kidney, eyes, heart, and blood vessels. This part discusses the support needs of the participant; this involves providing various resources required such as education, medication, and nutrition. Professional interventions are also discussed, which are vital in caring for the patients. The professionals involved include nurses, doctors, and dietitians. Some of the interventions by these health professionals include: diabetic foot care, medication adjustment, and nutritional patient control. The concept of healthy people 2020 objectives can be integrated with supportive evidence in offering education and nutrition and in implementing various

Intervention. Nurses are supposed to listen to what patients want, and this can help in curing blood sugar. Environmental factors are also said to play a role in worsening the patient's condition. Much researching needs to be done that stress which raises the glucose level in the blood, and this is not good. Therefore, diabetic patients should be kept in a safe environment free from stress.

Week 4

This week's discussion was based on diabetic resources, their advantages, disadvantages, and how they can be integrated into a plan of care. The resources discussed include community education resources- these resources include the contribution by members of a community through the community resources to making sure that its members are diabetic free and help them with the disease to live a better life. Another resource is the fitness centers that are provided for physical exercise for diabetic patients as per their disease level and which involves the knowledge of a health professional.

A third discussed resource is support groups. These are groups of people of goodwill, devoted in time and energy in giving assistance to diabetic patients, ensuring that they live a

later life. Such give their contribution in the form of material provision, monetary fund, or manpower support. The funds received directed during this work to diabetes and medicine centers. There are a form of resources available for diabetic patients. They are composed of professionals who offer guidance and training on individual management resources. All these resources can be incorporated into a care plan.

Care plan for Diabetic Group

History Diagnosis

To assess the condition of the patients, the nurses will be conducting the following: measuring the level of glucose in the blood, taking the patient family history, noting the type of food the patient has been eating and assessing whether the patient has been taking exercise.

Assessment of Data

Objective assessment will involve measuring the level of glucose in the patient blood and the level of insulin produced. On subjective assessment, it will involve assessing information by asking the patient some questions. This will involve asking about his/her family history, how often they have exercise, or what they eat now.

Interview Results

Through the interview, the respondent was able to give a brief history of his family, how he conducted the exercise with a partner with, and assessed he has enough rest. It was very clear that he was eating healthy food and given the required support by the Congress.

Diagnosed Outcomes

The diagnostic results should give clear information, which helps the nurse to know the problem affecting the patient. The level of glucose and insulin should influence the condition of diabetes. The family history should show that the patient is not suffering from diabetes. They should have enough rest and often conduct some exercises to keep them fit. Therefore all the diagnoses conducted by the nurse are directed to see that that the patient is safe from diabetes, and factors such as eating healthy and family history are not affecting factors.

Evaluation Criteria

To assess the patient's condition, the evaluation will be done by comparing the findings of diagnosis and the desired outcome. If the patient's level of glucose and insulin differs from the normal, now it is clear the patient is sick. Family history and eating habits will tell if the patient is at risk. Variation of these factors from normal indicates the patient is suffering from diabetes.

Action and Intervention

If the patient is found to have diabetes, he/she should be advised to undertake evaluation that will help to improve his/her body condition. Other interventions such as educating the patients and their families and friends on the best way to handle the disease, taking a proper diet, tracking down the importance of exercise and how often to do it, etc.

Evaluation of Patient Outcome

This can be done by assessing whether type 1 diabetes is managed following proper evaluation and other interventions. Evaluating the outcome can also be done by assessing how patients have adapted to choosing a healthy diet and exercising exercise. Another way to

evaluate the outcome is to interview the patients on how they have benefited from the intervention and whether they are in a better position than before.

Family and Caregiver Strategies in the Home

They both used the same strategies of helping the patient monitor and improve their health. When dealing with an elderly patient, they create a link with the nurse. They also ensure the patient is getting a healthy diet and walking more, besides following the medical prescriptions. Family and Caregivers receive education on how to deal with diabetes patients; they act as nurses' representatives in their home by ensuring the patient follows all the diabetes management measures.

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