

Nursing Interventions	Rationales
Discuss glucose monitoring.	To determine most appropriate dose of insulin
Teach how to administer insulin.	To maintain normal blood glucose level
Discuss signs and symptoms to look for.	To prevent complications
Promote healthy eating patterns.	To ensure accurate insulin administration
Encourage physical activity.	To enhance absorption of insulin

## Expected Outcomes

Parents and Tommy demonstrate an understanding of:

- What diabetes is
- The need to administer insulin
- How to administer insulin
- How to monitor glucose
- Signs and symptoms to observe when glucose is low or high
- How to promote healthy eating
- How to remain physically active

## Case Study (Continued)

Tommy is expecting to be discharged today. After the morning dose of insulin when the nurse is preparing the family for discharge, Tommy tells her that he feels funny and his head hurts. He is dizzy when he stands and his hands are shaking. In questioning Tommy's mother about the morning, you are told that he did not eat breakfast because he wanted to eat on the way home.

## Assessment

What are the most important signs and symptoms of hypoglycemia?

### Hypoglycemia

Shaky feeling

Hunger

Headache