

child until then.

When the critical period is over, the task of regulating insulin dosage to diet and activity is begun. The same meticulous records of intake and output, urine glucose and acetone levels, and insulin administration are maintained. Capable children should be actively involved in their own care and are given responsibility for keeping the intake and output record; testing the blood and urine; and, when appropriate, administering their own insulin—all under the supervision and guidance of the nurse (see [Nursing Care Plan](#) box).

## Nursing Care Plan

### The Child with Diabetes Mellitus

#### Case Study

Tommy is an 8-year-old who has been healthy all his life. Recently his mother has noticed that he has lost weight and that he is getting up several times during the night to go to the bathroom. He was drinking a great deal more the past week, and she thought that was the reason for being awakened at night to use the bathroom. However, today Tommy says he is too tired to go to school and when she goes into his bedroom she notices that he has wet the bed during the night. She becomes alarmed and calls the pediatrician for an appointment the next day. Tommy's mom has a brother with diabetes and thinks that Tommy's symptoms are similar to her brother's problems when he was first diagnosed as a child.

#### Assessment

What are the most important signs of type 1 diabetes mellitus (DM) that you need to look for in a child?

#### Type 1 Diabetes Mellitus Defining Characteristics

Polyphagia

Polyuria

Polydipsia

Weight loss