Tommy's age, his glucose goal range before meals should be 90 to 180 mg/dl and 100 to 180 mg/dl at bedtime.

Nursing Interventions and Rationales

What are the most appropriate nursing interventions for administering insulin in a child newly diagnosed with type 1 DM?

Nursing Interventions	Rationales
Obtain blood glucose level before administering insulin.	To determine most appropriate dose of insulin
Administer insulin as prescribed.	To maintain normal blood glucose level
Understand the action of insulin: differences in composition, time of onset, and duration of action for the various preparations.	To ensure accurate insulin administration
Employ aseptic techniques when preparing and administering insulin.	To prevent infection
Rotate insulin injection sites.	To enhance absorption of insulin

Expected Outcomes

Tommy's glucose levels will be maintained within the targeted range.

Diabetic ketoacidosis (DKA) will be prevented.

Hgb A1C levels will range from 6.5% to 8%.

Case Study (Continued)

Tommy's parents are in shock and are asking lots of questions related to diabetes and the care Tommy will require. Tommy is quiet and listens as his mom and dad talk with you and express their fear and concern.

Nursing Interventions and Rationales

What are the most important interventions to focus on with Tommy and his family regarding his diagnosis? Where would you start to teach him and his family regarding diabetes management?

Treatment consists of glucose monitoring, insulin therapy, observing for common problems, and encouraging healthy eating and physical activity. Focus on these four major categories for beginning your education with Tommy and his family.