

Diabetes Mellitus Type 2

Goals:

- Achieve and maintain blood glucose levels within the target range.
- Prevent complications related to diabetes.
- Educate the patient about self-management of diabetes.

Interventions:

- **Medication Management:** Administer oral hypoglycemic agents as prescribed. Monitor for side effects.
- **Blood Glucose Monitoring:** Encourage regular monitoring of blood glucose levels. Teach proper technique.
- **Dietary Management:** Refer to a dietitian for a personalized meal plan. Encourage adherence to a balanced diet with controlled carbohydrate intake.
- **Exercise Plan:** Develop a tailored exercise program with the patient. Encourage regular physical activity.

Evaluation:

- **Blood Glucose Levels:** Review patient's blood glucose logs regularly. Adjust medication or diet based on results.
- **Patient Education:** Assess understanding of diabetes management and self-care practices. Provide additional education as needed.
- **Follow-Up:** Schedule regular follow-up appointments to monitor progress and adjust the care plan.