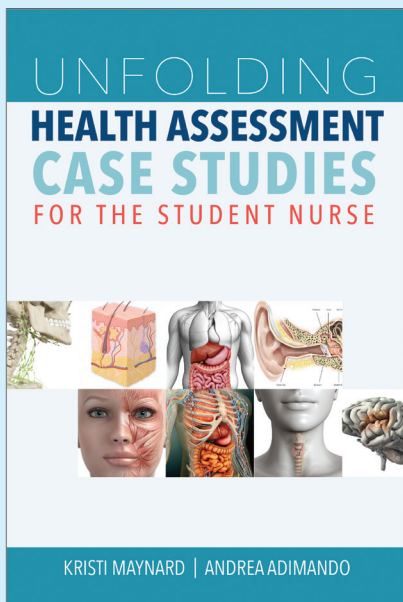


UNFOLDING HEALTH ASSESSMENT CASE STUDIES FOR THE STUDENT NURSE

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ISBN: 9781948057677
EPUB ISBN: 9781948057684
PDF ISBN: 9781948057691
MOBI ISBN: 9781948057707



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DIABETES QUIZ

John is a 7-year-old boy who has been newly diagnosed with type 1 diabetes. His primary care provider has ordered a treatment plan that includes blood glucose monitoring QID (four times daily) and daily insulin injections including Lantus QHS (at bedtime) and an Aspart sliding scale with meals. John and his family have an appointment today with the pediatrician's office to discuss John's condition and care needs.

1. Type I diabetes mellitus is characterized by:
 - A) Autoimmune process that destroys pancreatic beta cells
 - B) Slow, progressive onset of symptoms
 - C) Low incidence of complications
 - D) Typical onset after the age of 40
2. John's father reveals that the symptoms that led to John's recent diagnosis of type I diabetes mellitus presented quickly and with little warning. Which of the following are common presenting symptoms of type I diabetes? (*select all that apply*):
 - A) Polydipsia
 - B) Dysuria
 - C) Polyuria
 - D) Weight gain
 - E) Weight loss
3. The day following their visit to the clinic, John's mother calls, and she is frantic. She is concerned that John's blood glucose may be too low. What are some symptoms of hypoglycemia that John's mother can look for? (*select all that apply*):
 - A) Sweating
 - B) Tachycardia
 - C) Hyperactivity
 - D) Loss of appetite
 - E) Lethargy
4. After reviewing John's symptoms, the nurse instructs his mother to check his blood glucose. The reading is 43. The nurse confirms that John is still alert and instructs his mother to:
 - A) Inject 10 units of insulin Aspart Sub-Q
 - B) Administer 15 g of carbohydrate such as fruit juice
 - C) Offer John 8 oz of cold water
 - D) Put John down for a nap to sleep it off
5. While educating John and his parents on the proper use of his new glucometer for glucose monitoring, the nurse correctly identifies the fasting, pre-prandial glucose value as:
 - A) 80-120 mg/dL
 - B) 100-140 mg/dL
 - C) 50-90 mg/dL
 - D) 100-200 mg/dL

Answer Key: 1. A; 2. A, C, E; 3. A, B, E; 4. B; 5. A