

Evidence Based Practice to Prevent
and Treat Hypoglycemia
in a Cardiovascular Inpatient Hospital



CHAMBERLAIN
UNIVERSITY
COLLEGE *of* NURSING

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Objectives

Upon conclusion of this seminar, the participant will be able to:

1. Discuss evidence-based practice(EBP) within the context of nursing.

Presenters Note- There are no conflicts of interest to declare. There is no sponsorship or commercial support given for the results of this study or presentation.



Objectives Continued

2. Analyze one project that adopted a validated approach to an education session and preventative care.





High Reliability Organization

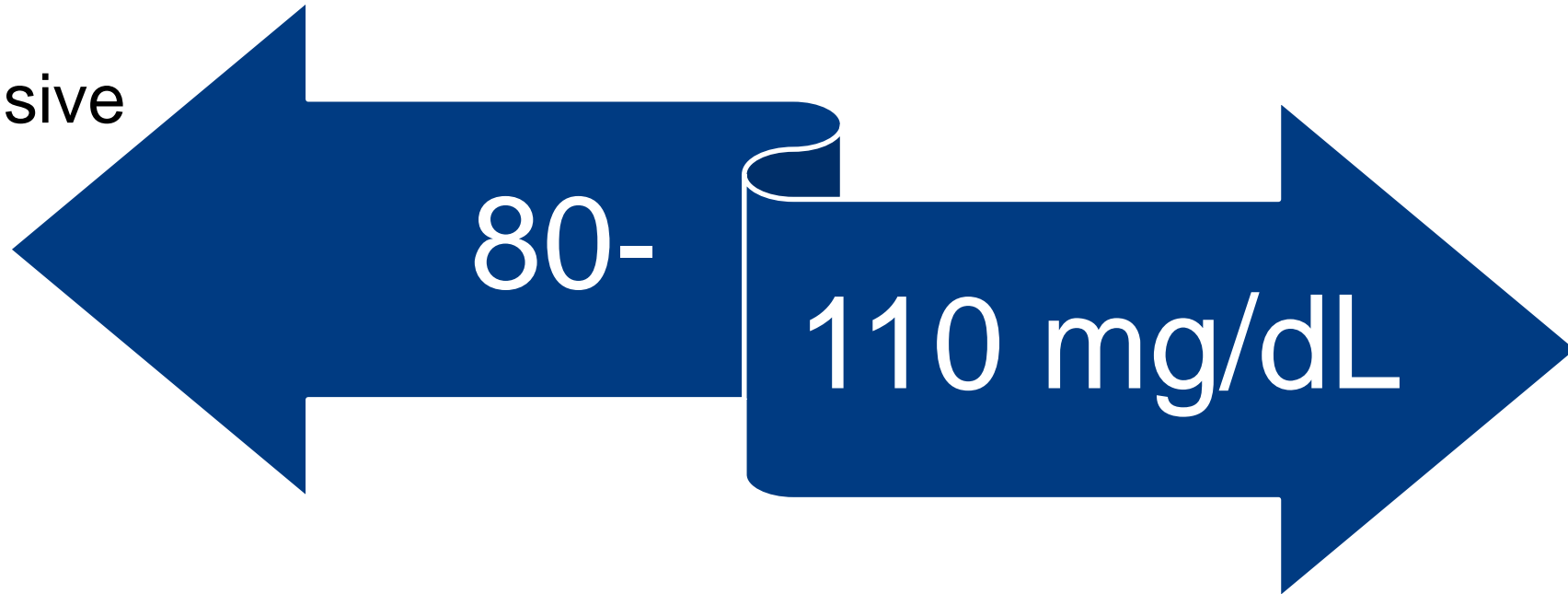
HRO

Patient Safety and Quality Performance



Hyperglycemia Prevention

Intensive

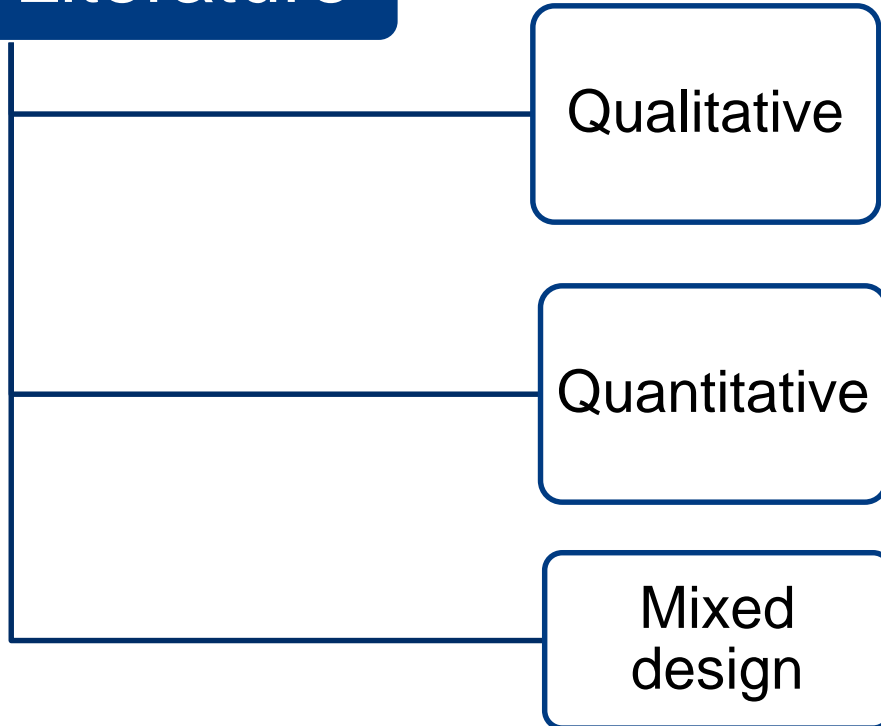


Hypoglycemia Prevention

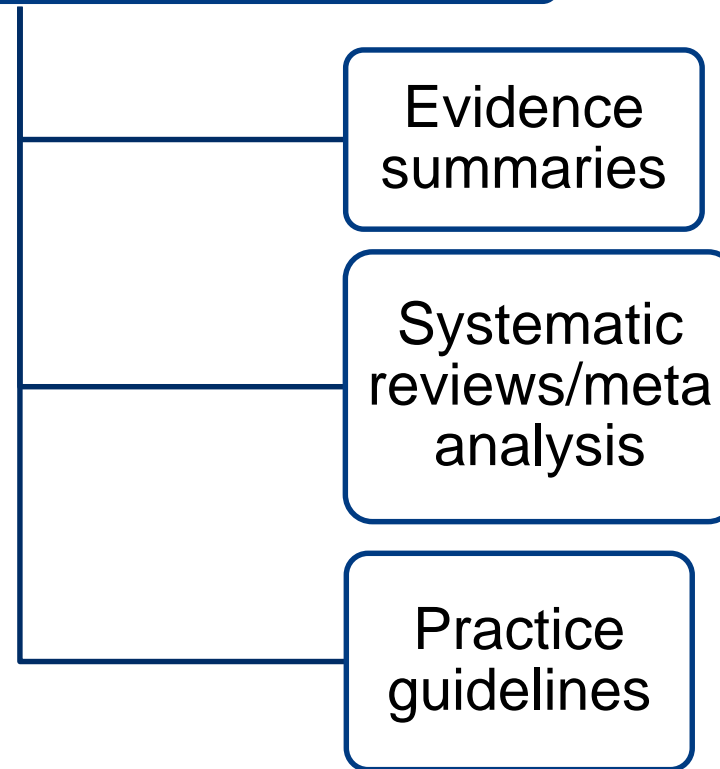


Defining Evidence in Nursing

Primary Literature



Secondary Literature



QSEN

Evidence Based Practice

The use of current knowledge from research and other credible sources to make clinical judgments and provide client-centered care.



Low blood sugar symptoms include:

Headache ▶

▶ Sweating

Shaking ▶

▶ Feeling tired

▶ Weakness

Hunger ▶

ADAM.

Image retrieved from <https://medlineplus.gov>



Hypoglycemia

<70mg/dL

<40mg/dL



Glycemic Management



Glycemic Protocol Adherence



Hypoglycemia Episodes

No.	glucose	Age	Sex	race	Dx	SCr	Height	Weight	metabolic syn.	DM	Insulin qtt	Ins SQ	NPO/ MNT	HA1C
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														



Expectations & Techniques

- ✓ Commitment
- ✓ Assessment
- ✓ Treatment
- ✓ Clear & Complete Documentation



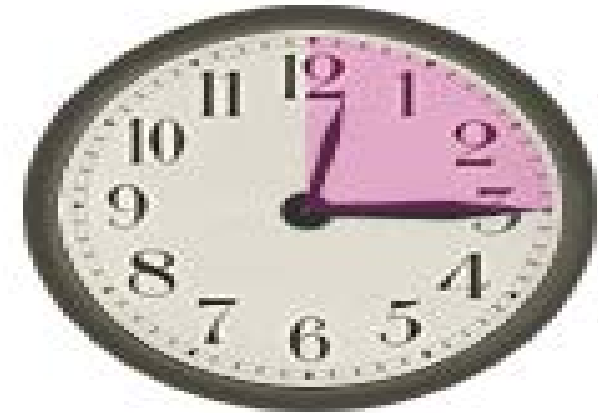
Treat low blood sugar: 15:15 rule



Check
blood sugar



Eat 15 grams of carbohydrate

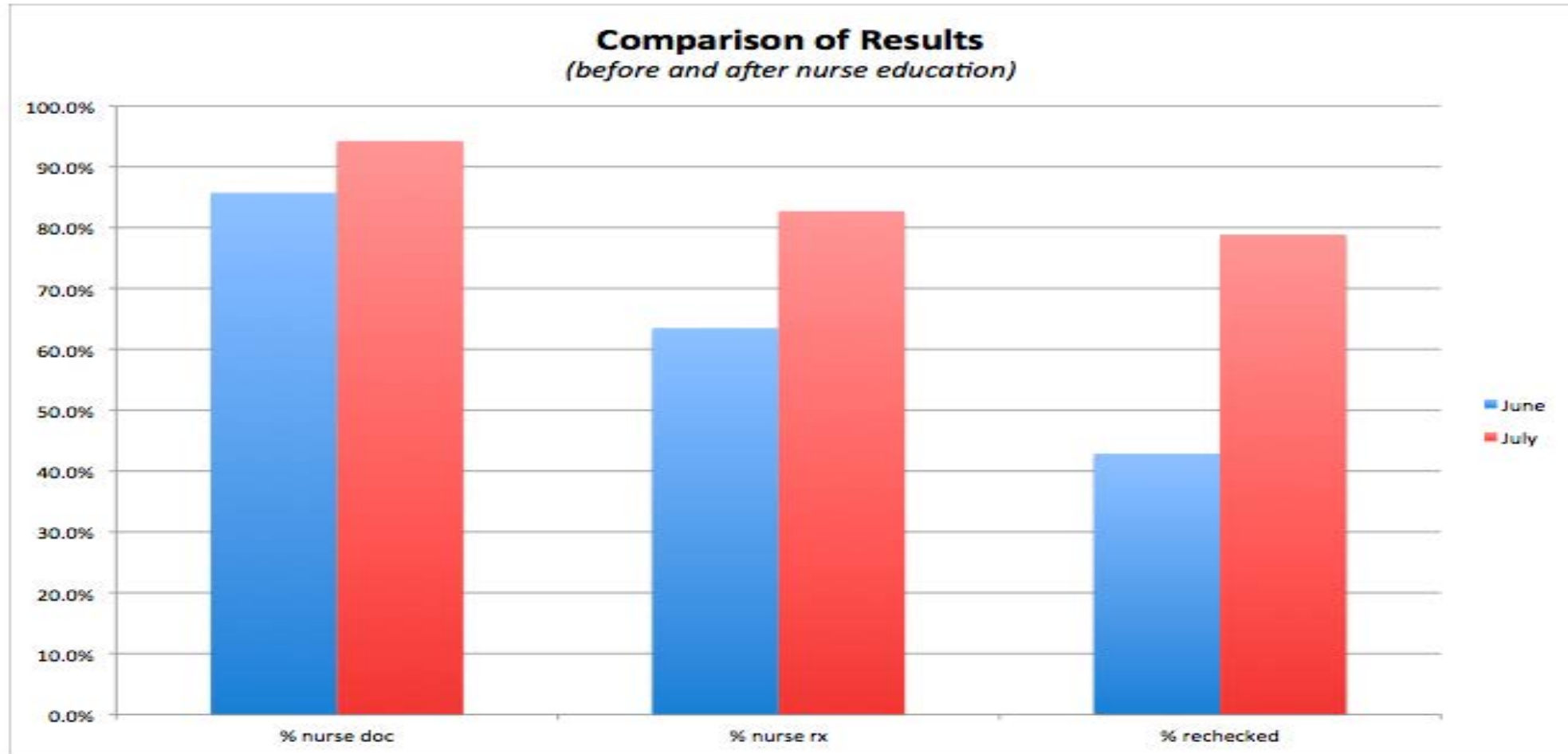


Wait 15
minutes for
sugar to get
into blood

Image retrieved from <https://medlineplus.gov>



Results



Safety QSEN

The minimization of risk factors that could cause injury or harm while promoting quality care and maintaining a secure environment for clients, self, and others.



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<http://bestheartcare.com/2011/08/11/st-vincent-heart-center-of-indiana-joins-partnership-for-patients/>



The logo for Chamberlain University College of Nursing is a circular emblem. It features a central shield with vertical lines, topped with a crest. The shield is set within a circular border containing the text "CHAMBERLAIN UNIVERSITY" at the top and "COLLEGE of NURSING" at the bottom. The year "1889" is inscribed at the base of the shield. Two small dots are positioned on the left and right sides of the inner circle.

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