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

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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

Hypoglycemia Prevention

Intensive

80-110 mg/dL
Defining Evidence in Nursing

**Primary Literature**
- Qualitative
- Quantitative
- Mixed design

**Secondary Literature**
- Evidence summaries
- Systematic reviews/meta analysis
- Practice guidelines
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
- Shaking
- Sweating
- Feeling tired
- Weakness
- Hunger
Hypoglycemia

<70mg/dL

<40mg/dL
Glycemic Management
Glycemic Protocol Adherence
## Hypoglycemia Episodes

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<th>race</th>
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<th>SCr</th>
<th>Height</th>
<th>Weight</th>
<th>metabolic syn.</th>
<th>DM</th>
<th>Insulin qtt</th>
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Protocol Chart Audits

### Nursing Quality Hypoglycemia Protocol Chart Audits

Directions: Indicate Nursing Unit and M# Mark “1” for each Yes or “0” for No (0-3 for each event).

<table>
<thead>
<tr>
<th>Event Date</th>
<th>ROOM # (Not needed unless helps you for audit)</th>
<th>TIME</th>
<th>M#</th>
<th>BG LAB</th>
<th>BG POC</th>
<th>BG &lt; 70 was Documented on DIABETES FLOW SHEET Y or N</th>
<th>TREATMENT was appropriate per protocol Y or N</th>
<th>BG was RECHECKED according to protocol Y or N</th>
<th>REASON</th>
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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
QSEN

Safety

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.
References


Retrieved from http://www.annals.org/content.org/content/137/2/110.full


Hypoglycemia and outcome on critically ill patients, Mayo Clinic Proceedings, 85 (3).


