

## MS. GONZALES DIABETES CASE STUDY

Ms. Gonzales is a 76-year-old with type 2 diabetes for 15 years. She is admitted for an infected sore on her foot. The physician writes an order to start discharge teaching since Ms. Gonzales will be going home tomorrow.

During your shift, you find a few moments to start teaching Ms. Gonzales. During your assessment, Ms. Gonzales tells you she is trying to control her diabetes by walking everyday and eating healthfully. She shows you her food diary that she has brought from home.

She has never had to take insulin before. She tells you she has an glucose meter at home, but she is not sure if it is working right.

Her discharge meds include:

Metformin 1000mg BID, oral antibiotic

Lasix 20 mg every morning

4 units regular insulin if glucose is greater than 250

Ms. Gonzales has listed a typical meal plan she follows at home:

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
5 non-fat corn tortillas, ½ cup of beans, chili peppers, salsa, egg beaters	Sandwich (no mayo or butter), low fat potato chips, cup of apple juice, 2 – 4 low fat cookies	Low salt soup, 1 cup of rice, barbecued meat, salad and cooked vegetable, 1 glass of white wine	One bowl of cereal

Below is her glucose record that she has been keeping for the past 4 days (before admission).

	<b>Before breakfast glucose</b>	<b>Before lunch glucose</b>	<b>Before dinner glucose</b>	<b>Before bedtime glucose</b>
Day 1	126	192	204	187
Day 2	166	227	273	didn't check
Day 3	didn't check	262	293	304
Day 4	196	287	340	didn't check

How will you assess Ms. Gonzales' Self-Care Skills in the following areas? What survival skills would you review? What resources would you utilize?

1. Diabetes Pathophysiology
2. Meter
3. Diabetes Medications
4. When to call provider for help
5. Hypoglycemia
6. Foot care
7. Nutrition Therapy