

Diabetes Mellitus Nursing Care Plan

Patient Information

Name:

Age:

Gender:

Type of Diabetes:

Coexisting Health Conditions:

Allergies:

Current Medications:

Lifestyle Factors

Dietary Preferences:

Physical Activity Level:

Other Relevant Factors:

Medical History

Previous Diabetes-Related Complications:

Other Relevant Medical History:

Current Symptoms

Blood Glucose Levels:

Presence of Polyuria, Polydipsia, Polyphagia:

Any Other Relevant Symptoms:

Key Lifestyle Factors

Current Diet:

Physical Activity Habits:

Sleep Patterns:

Stress Levels:

Medication Management

Current Medications: Type, Dosage, Frequency:

Prescribed Insulin: Type, Dosage, Administration Instructions:

Dietary Recommendations

Meal Planning:

Preferred Diet Type:

Dietary Restrictions:

Blood Glucose Monitoring:

Frequency:

Target Range:

Lifestyle Modifications

Physical Activity Recommendations:

Type, Frequency, Duration:

Stress Management Techniques:

Techniques Recommended:

Patient Education

Understanding Diabetes:

- Explanation of Diabetes Type and Management.

Medication Adherence:

- Educate on the importance of consistent medication use.

Dietary Guidance:

- Provide meal planning tips and nutritional guidance.

Lifestyle Changes:

- Encourage and discuss the benefits of physical activity.

Patient Empowerment

Setting Realistic Goals:

- Collaboratively establish achievable health goals.

Self-Monitoring:

- Educate on self-monitoring techniques.

Regular Evaluations

Blood Glucose Monitoring:

- Review trends and adjust medication as needed.

Symptom Assessment:

- Evaluate changes in symptoms.

Lifestyle Modifications:

- Assess adherence and adjust recommendations.

Follow-up Appointments

Next Appointment Date:

Additional Notes: