

Hypoglycemia

- **Mild BG 50 -70**
 - S/S: tremors, anxious, tachy, sweaty, hunger, shaky, pallor
 - Give 10-15g CHO – OJ follow ċ complex CHO (milk)
- **Moderate BG 30-50**
 - S/S: irritable, drowsy, slurred speech, blurred vision, double vision
 - Give 20-30g CHO or Glucagon 1mg SQ or IM or Dextrose 50% 50mL IV push
- **Severe BG < 30**
 - S/S: ↓ LOC, coma, seizures, death
 - 50% Dextrose IV push

Cardio - Macrovascular

- Coronary Artery Disease
- Cerebrovascular Disease
- Atherosclerosis
- HTN
- Peripheral Vascular Disease

Diabetic Ketoacidosis

- Insufficient insulin → fats & proteins broken down → ketone build-up → systemic acidosis
- Sudden onset, Type 1 DM
- **S/S:** polyuria, polyphagia, polydipsia, ↑ ketones, abd cramps, N, V, fatigue, dehydration, wt loss, HA, tachy, hypotension, fruity breath, Kussmaul resp
- **TX:** frequent BG, Insulin IV or SQ, IV NS 500 mL/hr ċ K⁺, Dextrose, Monitor cardiac dysrhythmias, ABGs to monitor acidosis level

Complications in DM

DM Nephropathy

- **S/S:** urine albumin, change in UO, HTN, proteinuria, hypoglycemia
- **Diagnostic:** 24 hr urine, ↑ BUN & creatine
- **Mgmt:** prevention, ↓ protein diet, control HTN

DM Neuropathy

- **S/S:** affects every system, paresthesia, hyperesthesia, joint demorities, muscle atrophy, ↓ reflexes, progressive tissue destruction
- **Diagnostic:** physical assessment
- **Mgmt:** prevention, control BG

DM Retinopathy

- **S/S:** microaneurysms in retinal capillaries, retinal edema, vision changes (red/black lines or spots), retinal detachment
- **Diagnostic:** ophthalmic exam
- **Mgmt:** prevention, control BG & HTN, ASA, photocoagulation

Hyperglycemic Hyperosmolar Nonketotic Syndrome (HHNS)

- Gradual onset, Type 2 DM
- Similar to DKA but more severe (10-40% mortality)
- **S/S:** severe osmotic dieresis, dehydrated, poor turgor, dry skin, dry mucous membranes, tachy, hypotension, ↓ Na⁺, K⁺, Phos, lethargy, change LOC, seizures, coma, ↑ lactic acid, inadequate circ blood vol, viscous blood
- **TX:** BG maintained around 250 until fluid deficit corrected, electrolytes replaced, Insulin IV, tx underlying cause