Nurses Content
Downloaded from nursescontent.com

Blood glucose instability requiring close monitoring Type 1 diabetes in childhood

Child Health Nursing | Focused diagnosis-based template

For educational purposes only.

Fictional educational example. Individualize using verified patient findings, authorized treatment and current local protocols. No real patient record or observed outcome is claimed.

Clinical assessment

Subjective: Thirst, frequent urination and worries about insulin at school.

Objective findings and required checks: Hyperglycemia is under pediatric assessment; ketones and hydration need review.

Physical examination and investigations: Review glucose, ketones when indicated, HbA1c and pediatric diabetes education needs.

Supply actual values, units, timing and trends during supervised application. Do not invent missing clinical data.

Clinical focus and pathophysiology

Type 1 diabetes in childhood: Autoimmune loss of insulin-producing cells creates a need for insulin replacement.

Medical / surgical management

Coordinate the prescribed insulin, meals, activity and monitoring plan with family and school support.

Illustrative drug and treatment study

Nurses Content For educational purposes only. 1 / 6

Nurses Content
Downloaded from nursescontent.com

Medicine / treatment	Purpose	Nursing checks
Prescribed insulin	Replace essential insulin	Verify product, dose order, timing, site rotation and hypoglycemia monitoring
emergency glucose treatment	Treat low glucose according to the child's plan	Confirm safe route and reassessment.

Treatment examples are not a prescription. Verify the authorized product, dose, route, timing, contraindications and current local product information.

Nurses Content For educational purposes only. 2 / 6

Nurses Content
Downloaded from nursescontent.com

Focused nursing-problem template

Nursing diagnoses use original clinical problem wording. They are not the licensed NANDA-I classification. Verify any formal label or code against your institution's licensed current edition; select actual or risk diagnoses only when supported by assessment.

Context task: Establish the immediate clinical priorities and verify the baseline before assuming a diagnosis.

Set individualized measurable targets and an exact review time. Select actual or risk statements only when supported by assessment.

Assessment: subjective / objective	Nursing diagnosis: original problem wording	Short- and longer-term goals	Nursing interventions with rationale	Evaluation
Ask: Ask about intake, usual treatment and symptoms of low or high glucose. Assess: Check glucose using the prescribed schedule and assess consciousness and hydration.	Blood glucose instability requiring close monitoring. Possible factors: altered insulin effect, intake, illness or treatment. Validate against the patient's assessment.	Short-term: At the next patient-specific reassessment: Glucose moves toward the individualized target without treatment-related hypoglycemia. Longer-term: Before the clinically approved transition or agreed follow-up: Demonstrates monitoring and explains the personalized sick-day and emergency plan.	1. Verify glucose findings and reassess symptoms rather than treating a number alone. Rationale: Symptoms and trends guide safe interpretation. 2. Coordinate prescribed medication with nutrition and monitor the response. Rationale: Mismatch between treatment and intake can cause dangerous glucose changes. 3. Follow the local emergency pathway for severe hypoglycemia or suspected ketoacidosis. Rationale: These conditions can progress rapidly and require urgent team care. 4. Coordinate the prescribed insulin, meals, activity and monitoring plan with family and school support. Rationale: Autoimmune loss of insulin-producing cells creates a need for insulin replacement. The condition-specific plan addresses the underlying problem while response is monitored.	Record the baseline and reassessed finding, the time and whether this goal is met, partly met or not met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement.

Nurses Content For educational purposes only. 3 / 6

Nurses Content
Downloaded from nursescontent.com

Apply this template

Complete with verified data: assessment cues; supported actual problem or risk; measurable outcome and review time; selected authorized interventions and rationale; observed response and next action.

Subjective / objective cues: _____

Patient-specific target and review time: _____

Evaluation evidence and next action: _____

Nurses Content For educational purposes only. 4 / 6

Nurses Content
Downloaded from nursescontent.com

Health education and continuing care

Teach insulin delivery, monitoring, school support, hypoglycemia and sick-day action with age-appropriate independence.

Transition only after clinical readiness is confirmed. Reconcile medicines, check access and caregiver support, and document who will review the patient and when.

Urgent warning signs

Vomiting with ketones, deep breathing, severe low glucose or altered consciousness needs emergency help.

Evaluation and conclusion

For each goal, document met, partly met or not met using observed evidence and the review time. Reassess and revise if progress is inadequate. Individual assessment, prioritized care and coordinated review guide this topic.

Quick Revision

- Autoimmune loss of insulin-producing cells creates a need for insulin replacement.
- Priority concerns: Blood glucose instability requiring close monitoring.
- Vomiting with ketones, deep breathing, severe low glucose or altered consciousness needs emergency help.
- Teach insulin delivery, monitoring, school support, hypoglycemia and sick-day action with age-appropriate independence.

Exam / viva: What assessment evidence supports this problem, and what measurable result would demonstrate improvement?

References

Nursing Fundamentals, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2024
https://wtcs.pressbooks.pub/nursingfundamentals/

Health conditions A to Z: external further reading - NHS
https://www.nhs.uk/conditions/

Nurses Content For educational purposes only. 5 / 6

Nurses Content
Downloaded from nursescontent.com

Nursing Pharmacology, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2023
https://wtcs.pressbooks.pub/pharmacology2e/

B.Sc. Nursing curriculum and regulatory notifications - Indian Nursing Council
https://www.indiannursingcouncil.org/gazette-notification

Original cases and care-plan wording by Nurses Content. Linked sources support further study; source terms and local clinical requirements apply. Prepared 23 November 2026. Not independently clinically peer reviewed.

Rights and reuse

Delivered by Nurses Content. Copyright claims apply only to original material owned by its authors. Medical facts, statutory exceptions and third-party/open licence rights remain unaffected. See the website's /policies/reuse/ page for terms.

Nurses Content For educational purposes only. 6 / 6