

ENDOCRINE DISORDERS

SITUATION: Diabetes Mellitus is a common disease among Filipinos. Caring for these patients require meticulous assessment and follow-up.

1. A patient tells the nurse that she eats "huge" amounts of food but stays hungry most of the time. The nurse explains that hunger experienced by persons with type 1 diabetes is caused by the:
 - a. Excess amount of glucose
 - b. Need for additional calories to correct the increased metabolism.
 - c. Fact that the cells cannot use the blood glucose.
 - d. Need for exercise to stimulate insulin secretion.
2. A client with type 1 diabetes mellitus is admitted to an acute care facility with diabetic ketoacidosis. To correct this acute diabetic emergency, which measure should the health care team take first?
 - a. Initiate fluid replacement therapy.
 - b. Administer insulin.
 - c. Correct diabetic ketoacidosis.
 - d. Determine the cause of diabetic ketoacidosis.
3. When the type 2 diabetic patient says, "Why in the world are they looking at my hemoglobin? I thought my problem was with my blood sugar." The nurse responds that the level of hemoglobin A1c:
 - a. Shows how a high glucose level can cause a significant drop in the hemoglobin level.
 - b. Shows what the glucose level has done for the last 3 months.
 - c. Indicates a true picture of the patient's nutritional state.
 - d. Reflects the effect of high glucose levels on the ability to produce red blood cells.
4. When educating the client with adult-onset diabetes mellitus about activity level, the nurse bases the information on the knowledge that exercise affects the body's physiologic functioning relative to glucose usage in which of the following ways?
 - a. Exercise helps avoid hypoglycemia.
 - b. Exercise stimulates insulin overproduction.
 - c. Exercise decreases the renal threshold for glucose.
 - d. Exercise increases the use of glucose by muscles.
5. A client is taking glyburide (DiaBeta), 1.25 mg P.O. daily, to treat type 2 diabetes mellitus. Which statement indicates the need for further client teaching about treatment of this disease?
 - a. "I always carry hard candy to eat in case my blood sugar level drops."
 - b. "I avoid intake of cake & ice cream."
 - c. "I always wear my medical identification bracelet."
 - d. "I often skip lunch because I don't feel hungry."
6. A nurse administered neutral protamine Hagedorn (NPH) insulin to a diabetic client at 7 a.m. At what time would the nurse expect the client to be most at risk for a hypoglycemic reaction?
 - a. 10 a.m.
 - b. Noon
 - c. 4 p.m.
 - d. 10 p.m.
7. A client, age 23, is diagnosed with diabetes mellitus. The physician prescribes 15 U of U-100 regular insulin and 35 U of U-100 isophane insulin suspension (NPH) to be taken before breakfast. The nurse checks the medication order, assembles equipment, washes hands, rotates the NPH insulin vial, puts on disposable gloves, and cleans the stoppers. To draw the two insulin doses into the single U-100 insulin syringe, which sequence should the nurse use?
 - a. Inject 35 U air into NPH vial; inject 15 U air into regular insulin vial; withdraw 15 U regular insulin; withdraw 35 U NPH.
 - b. Inject 15 U air into regular insulin vial; inject 35 U air into NPH vial; withdraw 35 U of NPH; withdraw 15 U regular insulin.
 - c. Inject 15 U air into regular insulin vial; withdraw 15 units of regular insulin; inject 35 U air into NPH vial and withdraw 35 U NPH.
 - d. Inject 35 U air into NPH vial; inject 15 U air into regular insulin vial; withdraw 35 U NPH; withdraw 15 U regular insulin.
8. A client with diabetes mellitus must learn how to self-administer insulin. The physician has prescribed 10 U of U-100 regular insulin and 35 U of U-100 isophane insulin suspension (NPH) to be taken before breakfast. When teaching the client how to select and rotate insulin injection sites, the nurse should provide which instruction?
 - a. "Inject insulin into healthy tissue with large blood vessels and nerves."
 - b. "Rotate injection sites within the same anatomic region, not among different regions."
 - c. "Administer insulin into areas of scar tissue or hypotrophy whenever possible."
 - d. "Administer insulin into sites above muscles that you plan to exercise heavily later that day."
9. A client's blood glucose level is 45 mg/dl. The nurse should be alert for which signs and symptoms?
 - a. Coma, anxiety, confusion, headache, and cool, moist skin.
 - b. Kussmaul's respirations, dry skin, hypotension, and bradycardia.
 - c. Polyuria, polydipsia, hypotension, and hypernatremia.
 - d. Polyuria, polydipsia, polyphagia, and weight loss.
10. A nurse knows that the most important reason why it is vital to recognize and treat hypoglycemia promptly in the client with diabetes mellitus is:
 - a. Hypoglycemia can cause brain damage.
 - b. The client may become dehydrated quickly.
 - c. Hypoglycemia necessitates increased insulin dosage.
 - d. The client may become confused, increasing the risk of injury
11. A patient exhibits confusion, light-headedness and aberrant behaviour but still conscious. Nurse Harold should first administer:
 - a. 15 to 20 g of a fast-acting carbohydrate such as orange juice
 - b. An I.V. bolus of dextrose 50%.
 - c. I.M. or subcutaneous glucagon.
 - d. 10 U of fast-acting insulin

Endocrine Diseases And Disorders Answer Key

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Endocrine Diseases And Disorders Answer Key:

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Table of Contents Endocrine Diseases And Disorders Answer Key

1. Understanding the eBook Endocrine Diseases And Disorders Answer Key
 - The Rise of Digital Reading Endocrine Diseases And Disorders Answer Key
 - Advantages of eBooks Over Traditional Books
2. Identifying Endocrine Diseases And Disorders Answer Key
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Endocrine Diseases And Disorders Answer Key
 - User-Friendly Interface
4. Exploring eBook Recommendations from Endocrine Diseases And Disorders Answer Key
 - Personalized Recommendations
 - Endocrine Diseases And Disorders Answer Key User Reviews and Ratings
 - Endocrine Diseases And Disorders Answer Key and Bestseller Lists
5. Accessing Endocrine Diseases And Disorders Answer Key Free and Paid eBooks
 - Endocrine Diseases And Disorders Answer Key Public Domain eBooks
 - Endocrine Diseases And Disorders Answer Key eBook Subscription Services
 - Endocrine Diseases And Disorders Answer Key Budget-Friendly Options

6. Navigating Endocrine Diseases And Disorders Answer Key eBook Formats
 - ePub, PDF, MOBI, and More
 - Endocrine Diseases And Disorders Answer Key Compatibility with Devices
 - Endocrine Diseases And Disorders Answer Key Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Endocrine Diseases And Disorders Answer Key
 - Highlighting and Note-Taking Endocrine Diseases And Disorders Answer Key
 - Interactive Elements Endocrine Diseases And Disorders Answer Key
8. Staying Engaged with Endocrine Diseases And Disorders Answer Key
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Endocrine Diseases And Disorders Answer Key
9. Balancing eBooks and Physical Books Endocrine Diseases And Disorders Answer Key
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Endocrine Diseases And Disorders Answer Key
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Endocrine Diseases And Disorders Answer Key
 - Setting Reading Goals Endocrine Diseases And Disorders Answer Key
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Endocrine Diseases And Disorders Answer Key
 - Fact-Checking eBook Content of Endocrine Diseases And Disorders Answer Key
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

Endocrine Diseases And Disorders Answer Key Introduction

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