

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

A Gutmann



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