

Case Study 1

Case Study 1: The Role of the Nurse in the Management of a Patient with a Chronic Condition

1.1. Patient History

The patient is a 65-year-old male with a long history of hypertension and type 2 diabetes. He has been taking medication for both conditions for several years. He reports that his blood pressure has been well-controlled, but he has noticed a recent increase in his blood sugar levels.

1.2. Current Presentation

The patient has presented to the clinic with symptoms of increased thirst, frequent urination, and unexplained weight loss. He has also noticed some blurry vision and fatigue. He is concerned about these symptoms and wants to know what is causing them.

1.3. Physical Examination

The patient's physical examination is unremarkable. He has a body mass index (BMI) of 28.5, which is in the overweight range. There are no signs of dehydration or other acute conditions.

1.4. Laboratory Tests

The patient's laboratory tests show a hemoglobin A1c of 8.5%, which is significantly above the target range of 7.0% to 8.0%. His fasting blood glucose is 180 mg/dL, and his random blood glucose is 250 mg/dL. His blood pressure is 130/80 mmHg, which is within the target range.

1.5. Patient Education

The nurse provides education to the patient about the importance of medication adherence and the need for regular monitoring of blood sugar levels. She also discusses the importance of a healthy diet and regular exercise in managing diabetes. The patient is encouraged to keep a log of his blood sugar readings and to report any changes to his healthcare provider.

1.6. Follow-up

The patient is scheduled for a follow-up appointment in two weeks to reassess his blood sugar levels and discuss any changes in his symptoms or medication.

1.7. Nurse's Role

The nurse plays a crucial role in the management of this patient. She provides education, support, and monitoring to help the patient understand his condition and manage it effectively. She also coordinates care with the healthcare team to ensure the patient receives the best possible care.