

Nursing Care Plan for Hypoglycemia

Patient Name: _____

Age: _____

Date of Admission: _____

Diagnosis: Hypoglycemia

Attending Nurse: _____

Nursing Care Plan for Hypoglycemia PDF

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data:-</p> <p>"I feel dizzy and weak."- "My hands are shaking."- "I haven't eaten since morning."</p> <p>Objective Data:-</p> <p>Blood glucose level: 50 mg/dL-</p>	<p>Risk for Unstable Blood Glucose Levels related to excessive insulin administration or inadequate food intake</p>	<p>Blood glucose will return to \geq 100 mg/dL within 15-30 minutes. The patient will verbalize symptom relief.</p>	<p>Assess blood glucose level immediately using a glucometer. Administer 15g of fast-acting carbohydrates (juice, glucose tablets). Monitor vital signs and level of consciousness.</p>	<p>If conscious:- Administer oral glucose (juice, glucose tablets). If unconscious:- Administer IV dextrose (D50W) or glucagon IM.- Recheck glucose after 15 minutes and repeat treatment if needed.</p>	<p>- Immediate glucose intake restores blood sugar levels.- IV dextrose provides rapid correction in unconscious patients.- Frequent monitoring prevents</p>	<p>- Blood glucose increased to 110 mg/dL.- Symptoms resolved within 30 minutes.- Patient verbalizes understanding of hypoglycemia management.</p>

Cool, clammy skin- Increased heart rate (HR = 120 bpm)- Confusion and difficulty concentrating					hypoglycemia recurrence.	
<p>Subjective Data:-</p> <p>"I keep experiencing low blood sugar at night."- "Sometimes I wake up feeling shaky."</p> <p>Objective Data:-</p> <p>Irregular blood glucose levels throughout the day- Increased risk of nocturnal hypoglycemia</p>	<p>Ineffective Health Management related to lack of knowledge about diabetes self-care</p>	<p>Patient will demonstrate proper glucose self-monitoring techniques and dietary adjustments within one week.</p>	<p>Educate patient on the 'Rule of 15' for treating hypoglycemia. Encourage regular meals/snacks to prevent nocturnal hypoglycemia. Teach self-monitoring of blood glucose before bedtime.</p>	<p>- Demonstrate correct glucose testing techniques.- Provide a structured meal plan and medication timing.- Encourage keeping a glucose source nearby at night.</p>	<p>- Knowledge of hypoglycemia prevention strategies reduces recurrence.- Proper meal planning ensures stable blood glucose levels.- Self-monitoring improves early detection and treatment.</p>	<p>- Patient demonstrates correct glucose monitoring.- No further episodes of nighttime hypoglycemia reported.</p>

Patient and Family Education

1. **Recognizing Hypoglycemia Symptoms:** Teach the patient and caregivers to identify signs like **shakiness, sweating, dizziness, and confusion.**
2. **Emergency Treatment:** Explain the **Rule of 15** – Consume **15g of carbs**, wait **15 minutes**, and **recheck blood sugar.**

3. **Preventive Measures:** Encourage **regular meals, proper insulin dosing, and self-monitoring.**
 4. **Carrying Emergency Glucose:** Advise keeping **glucose tablets or juice** available at all times.
 5. **Follow-Up Care:** Encourage routine **checkups with an endocrinologist** and consultation with a **dietitian.**
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Interdisciplinary Collaboration

- **Physician/Endocrinologist:** Adjust insulin or medication dosages.
- **Dietitian:** Create individualized meal plans to prevent hypoglycemia.
- **Pharmacist:** Educate about medication interactions and insulin administration.
- **Diabetes Educator:** Teach self-care strategies and lifestyle modifications.