

# Type 1 diabetes mellitus

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Type Diabetes Mellitus Nursing work April 22, A newly diagnosed case of type diabetes can spark a range of emotions including anger, sadness and grief. However, it is not a death sentence because the patient can still lead a healthy and productive life as long as he or she takes their medications. The patient in the above case is still experiencing anger and denial from the new diagnosis. The RN can help this patient cope with the diagnosis by first educating the patient about type 1 diabetes and its impact on the patient's body. By so doing, the patient will understand that the illness is a result of the lack of insulin and that the only way for them to function normally is to provide the body with insulin, which can only be injected.

The RN also needs to inform the patient that he or she will take some time to adjust to the new lifestyle and that it will not be easy. However, words of encouragement will motivate the patient to live positively. Some of the factors that the RN needs to consider include the patient's knowledge, attitude and skills.

The main steps of the teaching-learning process include assessing learning needs, diagnosing the learning needs, developing a teaching plan and finally executing the plan (Hood, 2013). The RN was likely to have missed the second step. The RN did not identify the patient's lack of knowledge regarding diabetes and poor attitude towards the disease, which were likely to obstruct the patients self-promotion of health (Hood, 2013).

Some of the things that might be done differently include enlisting the patient to a support group of other patients with type 1 diabetes. In the group, the patients can share their day-to-day experiences of living with diabetes, the challenges they face and ways of overcoming these obstacles.

Through the self-help group, the patient will be able to meet other people who are living healthy, productive lives with type 1 diabetes. Consequently, the patient will accept that diabetes is not the end of life and that insulin injections and blood glucose monitoring are the major ways of dealing with the disorder.

#### Reference

Hood, L. (2013). *Leddy & Peppers conceptual bases of professional nursing* (8th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.