

ATI DIABETES MELLITUS ACTUAL EXAM | Newest update|Recently testing real exam questions|COMPREHENSIVE QUESTIONS AND VERIFIED ANSWERS|already graded A+

A nurse is reviewing guidelines to prevent DKA during periods of illness with a client who has type 1 diabetes mellitus. Which of the following instructions should the nurse include in the teaching?

- A. "Test your blood glucose levels every 8 hours."
- B. "Check your urine for ketones when blood glucose levels are greater than 240 mg/dL."
- C. "Withhold your usual daily dose of insulin."
- D. "Drink 240 to 360 milliliters of calorie-free liquids every 8 hours." - ✓✓ANSWER✓✓>>B. "Check your urine for ketones when blood glucose levels are greater than 240 mg/dL."

This indicates DKA, pt should contact provider if he has moderate/large amounts of ketones in his urine. Pt should check BG level at least every 4-6 hr when he is also experiencing anorexia, nausea, and vomiting. During illness pt is at risk for hyperglycemia, so pt should take usual dose of insulin to keep BG levels w/in expected reference range. To prevent dehydration pt should drink 240-360 mL (8-12 oz) of calorie-free liquids every hour, if BG level is low he should drink fluids containing sugar.

A nurse is teaching about disease management for a client who has type 1 diabetes mellitus. Which statement made by the client indicates an understanding of the teaching?

- A. "I am to take my blood sugar reading after meals."
- B. "Insulin allows me to eat ice cream at bedtime."
- C. "A weight reduction program will make me hypoglycemic."
- D. "I give the insulin injections in my abdominal area." - ✓✓ANSWER✓✓>>D. "I give the insulin injections in my abdominal area."

Pt should give insulin injections in one anatomic area for consistent day-to-day absorption. The abdomen is the area for fastest absorption.

A nurse is teaching a client who has diabetes mellitus and a new prescription for glimepiride. The nurse should teach the client to avoid which of the following drinks while taking this medication?

- A. Grapefruit juice
- B. Milk
- C. Alcohol
- D. Coffee - ✓✓ANSWER✓✓>>C. Alcohol

The nurse should teach the pt to avoid alcohol while taking this med to prevent disulfiram reaction, such as nausea, headache, and hypoglycemia. Grapefruit juice can cause atorvastatin toxicity if used while taking atorvastatin. Milk, coffee, and caffeine do not interact with chlorpropamide.

A nurse is caring for a client who has type I diabetes mellitus and is not following the guidelines for therapy. Which of the following should the nurse consider as contributing factors to the client's nonadherence? (Select all that apply.)

- A. Gender
- B. Culture
- C. Literacy
- D. Dexterity
- E. Motivation - ✓✓ANSWER✓✓>>B. Culture
- C. Literacy
- D. Dexterity
- E. Motivation

Gender does not contribute to nonadherence. Culture (sociocultural background, beliefs, practices, values, and traditions). Literacy (ability to read and correctly administer med) and dexterity (physical ability to use equipment needed) affect adherence. Motivation to follow Tx plan and pt perception of seriousness of illness affect adherence.

A nurse is caring for a client who has uncontrolled type 1 diabetes mellitus. Which of the following findings should the nurse expect?

- A. Hypertension
- B. Hematuria
- C. Weight loss
- D. Bradycardia - ✓✓ANSWER✓✓>>C. Weight loss

Hypotension, weight loss, and tachycardia are expected findings. Hematuria is not.

A nurse is caring for a 7-year-old child who has an upper respiratory infection and type 1 diabetes mellitus. Which of the following statements by the mother indicates a need for further instruction?

- A. "I will encourage her to drink half a cup of water or sugar-free fluids every 30 minutes."
- B. "I will report a change in her breathing or any signs of confusion."
- C. "I will notify the doctor if her temperature is not controlled with acetaminophen."
- D. "I will continue to check his blood sugar two times every day." - ✓✓ANSWER✓✓>>

Pt with type 1 DM and is ill is at risk of DKA (breakdown of body fat for energy and ketones in blood and urine). Acute illness increase glucose levels, so glucose levels and urine ketones should be checked every 3 hr. BID is not enough.

A nurse is teaching a client who has diabetes mellitus about the manifestations of hypoglycemia. Which of the following statements by the client indicates an understanding of the teaching?

- A. "I will feel shaky."
- B. "I will be more thirsty than usual."
- C. "My skin will be warm and moist."
- D. "My appetite will be decreased." - ✓✓ANSWER✓✓>>

Hypoglycemia: shaky, nervous, cool, clammy skin.

Hyperglycemia: increased thirst, dehydration, warm, moist skin, hunger, weakness.

A nurse is teaching an older adult client who has diabetes mellitus about preventing the long-term complications of retinopathy and nephropathy. Which of the following instructions should the nurse include?

- A. "Have an eye examination once per year."
- B. "Examine your feet carefully every day."
- C. "Wear compression stockings daily."
- D. "Maintain stable blood glucose levels." - ✓✓ANSWER✓✓>>

Keeping blood glucose under control is pt's best protection against long-term complications of DM, increased BG contributes to neuropathic disease, & microvascular complications (like retinopathy & neuropathy), as well as to macrovascular complications. Annual eye exams & daily feet exams are important, but not preventative. Constant use of compression stockings can impair circulation and increase risk of complications. Pts with DM should NOT wear them routinely.

A nurse is caring for a client who has diabetes and a new prescription for 14 units of regular insulin and 28 units of NPH insulin subcutaneously at breakfast daily. What is the total number of units of insulin that the nurse should prepare in the insulin syringe?

- A. 14 units

- B. 28 units
- C. 32 units
- D. 42 units - ✓✓ANSWER✓✓>>D. 42 units

Each order for units of insulin is combined in the same syringe. The nurse should withdraw the regular insulin into the syringe first.

A nurse is preparing a teaching session about reducing the risk of complications of diabetes mellitus. Which of the following information should the nurse plan to include in the teaching? (Select all that apply.)

- A. Reduce cholesterol and saturated fat intake.
 - B. Increase physical activity and daily exercise.
 - C. Enroll in a smoking-cessation program.
 - D. Sustain hyperglycemia to reduce deterioration of nerve cells.
 - E. Maintain optimal blood pressure to prevent kidney damage. - ✓✓ANSWER✓✓>>A.
- Reduce cholesterol and saturated fat intake.
- B. Increase physical activity and daily exercise.
 - C. Enroll in a smoking-cessation program.
 - E. Maintain optimal blood pressure to prevent kidney damage.

Hyperglycemia leads to neuropathy through blood vessels changes that cause nerve hypoxia.

A nurse is reviewing the medication list for a client who has a new diagnosis of type 2 diabetes mellitus. The nurse should recognize which of the following medications can cause glucose intolerance?

- A. Ranitidine
- B. Guaifenesin
- C. Prednisone
- D. Atorvastatin - ✓✓ANSWER✓✓>>C. Prednisone

Prednisone- glucose intolerance and hyperglycemia, pt might require increased dosage of hypoglycemic med.

Ranitidine- serum creatinine levels

Guaifenesin- drowsiness and dizziness

Atorvastatin- thyroid fxn tests

A nurse is caring for a client who has type 1 diabetes mellitus. Which of the following recommendations should the nurse make to the client for a sweetener?

- A. Corn syrup
- B. Natural honey
- C. Nonnutritive sugar substitute
- D. Guava nectar - ✓✓ANSWER✓✓>>C. Nonnutritive sugar substitute