

The image shows the cover of a spiral-bound notebook. The cover has a light beige, textured fabric-like appearance. On the left side, there is a silver metal spiral binding. A large, purple, multi-pointed starburst graphic is centered on the cover. Inside the starburst, the words "DIABETES MELLITUS" are written in a bold, white, serif font.

**DIABETES MELLITUS**

# OBJECTIVES

## ➤ SPECIFIC:

At the end of the class students will be able to:-

- ✓ Define DM.
- ✓ Enumerate the causes of DM.
- ✓ Explain about the pathophysiology of DM.
- ✓ Enlist the clinical manifestations of DM.
- ✓ Describe the diagnostic evaluation of DM.
- ✓ Explain the management of DM.

# MEANING

Diabetes is a chronic systemic disease characterized by deficiency of insulin or a decreased ability of a body to use insulin. Sometimes it is also referred, as “high sugars”

# **TYPES OF DIABETES MELLITUS**

- 1.Type 1 diabetes mellitus**
- 2. Type 2 diabetes mellitus**
- 3.Impaired Glucose Tolerance.**
- 4. Majority Onset Diabetes of the Young**
- 5. Gestational Diabetes Mellitus**



# ETIOLOGY

Idiopathic

Identical twins have a risk of 25% to 50%

Environmental factors

Islet cell Antibody appearance that destroy beta cell

Genetic factors

Heredity

Obesity

# PATHOPHYSIOLOGY

Stage I Genetic predisposition

Stage II Environmental trigger

Stage III Active immunity

Stage IV Progressive beta cell  
destruction

Stage V Overt diabetes mellitus

# CLINICAL MANIFESTATIONS

Numbness or tingling in their hands or feet's

polyuria polydipsia, polyphagia

Recurrent blurred vision

Pruritis and skin infections

Weakness and fatigue

Delayed wound healing

Symmetrical loss of protective functions



# DIAGNOSIS OF DIABETES MELLITUS

Physical examination, history of the patient and laboratory tests

Fasting blood glucose

Random Blood Glucose

PostPrandial Blood glucose

Glycosylated Haemoglobin

Glycoylate Albumin



# COLLABORATIVE MANAGEMENT

## Medical Management

Restoring blood glucose level to as near as normal by balancing diet, exercise, and the use of oral hypoglycemic agents or insulin.

Promote proper nutrition

Promote regular Exercise

# Administer Medications

a) Oral Antidiabetes agents:

Five chemical classes of oral antidiabetes agents are available

Sulfonylureas(Oral hypoglycemic agents)

Meglitinides( oral hypoglycemic agents)

Biguanides (insulin sensitizers)

Thiazolidinediones (insulin sensitizers)

Alpha glucosidase inhibitors.

# Insulin therapy

## **SURGICAL MANAGEMENT**

pancreas transplant

# Nursing Diagnosis

- 1) Deficient fluid volume related to fluid loss
- 2) Impaired urinary elimination related to increase frequency of urination.
- 3) Altered sensory perception related to blurred vision
- 4) Deficient self care related to various complications
- 5) Imbalanced nutrition less than body requirement related to decrease appetite.



A spiral-bound notebook with a brown cover and a white page. The spiral binding is on the left side. The word "THANKYOU" is written in the center of the page in a dark blue, serif font. A thin horizontal line is visible across the page, positioned above the text.

**THANKYOU**