


Ms Ethel Partridge – diabetes

A young woman is admitted unconscious to hospital. This is her assessment record:

PATIENT ASSESSMENT RECORD	
 <p>Fig. 6.1 Ethel Partridge. Born 1975. Diabetic.</p>	<p>Name: Ethel Partridge</p> <p>Prefers to be addressed as: Effie</p> <p>Address: 33 Madison Way, Lower Stockton</p> <p>Whom to contact in emergency: parents and Robert Greene</p> <p>Reason for admission: became unconscious after feeling unwell & increasingly drowsy</p> <p>Patient's understanding of admission: unconsciousness on admission</p> <p>Source of assessment: partner</p> <p>Family's understanding of admission: diabetes</p>
<p>Other persons important to patient: Robert Greene (live-in partner)</p> <p>DOB: 12.3.75</p> <p>Tel. 01765 342189</p> <p>Doctor: Dr Sullivan</p> <p>Primary nurse: Jean Bradshaw</p>	<p>Drugs taken at home: contraceptive pill</p>
MEDICAL INFORMATION	
<p>Relevant medical history: nil</p> <p>Medical diagnosis: diabetic ketoacidosis</p> <p>Allergies: Elastoplast</p> <p>Patient's feelings and expectations related to present illness: unable to assess due to unconsciousness</p> <p>Nurse's initial impression (physical and social): physically fit, well-adjusted young woman with lots of friends</p> <p>Knowledge/information/skills needed for continued self-care after discharge:</p> <ol style="list-style-type: none"> 1. Diabetes and how it affects the body 2. Insulin therapy and self-administration 3. Factors affecting body's need for glucose 	

Exercise 6a



Fig. 6.2 'No evidence of cough. BP 90/45.'

Which of the following statements are true?

- The patient's nickname is Ethel.
- The patient is not married.
- The patient's parents would not be able to get to the hospital in an emergency.
- Jean Bradshaw is the head nurse of the hospital.
- The patient was uncommunicative on admission.
- The patient felt sleepy before falling unconscious.
- The hospital got the information for the assessment form from the patient's parents.
- The patient is diabetic.
- The patient is diabetic ketoacidosis.
- The patient has diabetes.

Exercise 6b

Read the next part of the Patient Assessment Form and use the information to complete the text that follows:

Base-line functions		
Breathing	Rate	Cough
	32/min	nil
Circulation	Pulse rate	BP
	128/min	90/45 mmHg
Colour	Skin	Lips
	pink	pink
<u>Oral likes, dislikes, food intake</u>		<u>(Type, time regular appetite)</u>
<u>Likes</u>	tea, coffee, wine	
<u>Dislikes</u>	milk	
<u>Patient is:</u>	Thin/obese/normal	
<u>Teeth</u>	<u>Mouth</u>	
Own	clean & dry	

The patient's breathing is (on, in, at) a rate of 32 per minute and she does not (to cough, coughing, have a cough). Her pulse rate (are, to be, is) 128 per minute and her blood pressure is (ninety times forty-five, ninety over forty-five, forty-five under ninety). She is (at, in, of) normal body size and has (owns teeth, all teeth, her own teeth.) She likes most drinks but (dislike, dislikes, has a dislike) of milk.

Exercise 6c

Put: by, for, of, between, from, about, in, to, of, or as in the spaces in the following text:

When Ethel Partridge was admitted A&E, she was accompanied Mr Robert Greene who lives with her. They came ambulance and Mr Greene reported staff that his girlfriend had become sleepy, felt generally poorly and then fallen unconscious.

Ethel Partridge is diabetic and will require the supervision a diabetic nurse specialist in order learn how maintain metabolic control the future. She will need to know the brain's need glucose a source of fuel, the dangers hypoglycaemia resulting too much insulin relative food intake, the relationship stress and blood sugar levels and methods of testing urine ketones and blood sugar.

She needs to know how hyperglycaemia is related excessive food intake or eating the wrong kinds food, decreased activity levels relation food intake, illness and infections.

Exercise 6d

Here are questions about diabetes which someone like Ethel Partridge might ask. Complete both the questions and answers so that they are all grammatically correct by choosing an option from the brackets.

- 1 *Question:* Diabetics can't eat sweets (can they? do they? can't they?)
Answer: Sweets are (no worse, not less, not bad) for diabetics than other people.
- 2 *Question:* It isn't safe for diabetics to drive (are they? is it? doesn't it?)
Answer: Other people are (none safer, no safer, not safe) than diabetics.
- 3 *Question:* (Doesn't, Isn't, Aren't) too much sugar cause diabetes?
Answer: No, it's (a cause, causing, caused) by a combination of things – genes and environment.
- 4 *Question:* (Don't, Doesn't, Aren't) people with diabetes eventually go blind?
Answer: It's possible, but it's (lesser, decreased, less) likely if you properly control blood pressure and glucose levels.
- 5 *Question:* (Won't it, Will it, Is it) possible to catch diabetes from another person?
Answer: No, we don't know why some people get it, but it (won't be, are not, isn't) contagious.



Fig. 6.3 'I'll try to answer any questions you have about diabetes.'

Exercise 6e

Read the following text about diabetes and fill in the gaps with the correct choice of word(s) from the brackets:

..... (Diabetes, Diabetics) was first recorded in (old, antique, ancient) Egypt in 1500 BC. The word 'diabetes' (are, is, were) Greek and means 'fountain' referring to the large amounts of (urination, urine, urinary) produced by the disease in its (early, young, beginnings) stages. (Diabetes, Diabetic, A diabetic) urine smells

sweet and its alternative name – ‘mellitus’ (come, comes, goes) from the Latin word for ‘honey’. Doctors can often (found, finding, find) unsuspected diabetes by (find, found, finding) sugar in routine urine tests. The urine of diabetics attracts ants (look, looked, looking) for sugar and early methods of (detection, detect, detecting) diabetes included (taste, tasted, tasting) the urine for (sweet, sweeten, sweetness).

Exercise 6f

Ethel Partridge may need to be shown how to give herself injections of insulin. The following sentences are step-by-step instructions with key verbs left out. Using the list of verbs below, fill in the spaces in the instructions.

- 1 a needle and syringe of the correct size, making sure that they both remain aseptic and the needle on to the syringe.
- 2 The needle is through the rubber stopper of the medication bottle.
- 3 The prescribed dose of the fluid should be from the container into the syringe.
- 4 the bottle and syringe and pull back on the plunger to the required dosage of fluid.
- 5 the skin at the site chosen for the injection.
- 6 The syringe needs to be for air bubbles.
- 7 Using the hand you write with, hold the syringe like a pen or pencil and with the other hand about 2 to 3 inches on either side of the skin.
- 8 About $\frac{2}{3}$ of the needle is at a 90° angle.
- 9 the piston of the syringe.
- 10 Pull the needle out smoothly and quickly and then of it.

VERBS

to assemble: to put together and prepare.

to pinch: to take a piece of skin between finger and thumb.

to turn upside down: to turn so that the top is underneath.

to insert: to put in.

to depress: to push down.

to dispose of: to get rid of/throw away.

to check: to look carefully and make sure.

to swab: to clean with alcohol saturated cotton wool.

to screw into: to connect one thing to another with a circular motion.

to withdraw: to take out.

Mr Peter Cathcart has diabetes. He is admitted to hospital with suspected ketoacidosis. Read this short report from his GP and then answer the questions that follow.



Fig. 6.4 Needle and syringe are assembled.

PATIENT CARE PLAN

Patient: Peter Cathcart	Medical history: I have been seeing Mr Cathcart regularly for 10 years. Initially complained of frequent urination (particularly at night), thirst, increased appetite, extreme tiredness and drowsiness which may pose problems when patient is at work on high buildings.
Age: 46 years	Tests done showed abnormally high levels of glucose. Pancreas clearly not producing adequate insulin for proper metabolism of digested food.
Form of address: Mr	Family history – father diabetic (now deceased).
Occupation: Bricklayer	Diagnosed insulin-dependent diabetes mellitus (IDDM). Though patient requires daily insulin injections, he is forgetful and sometimes neglects to administer these.
Marital status: Divorced	

Exercise 6g

Say which of the following statements are true:

- The GP says Mr Cathcart is a new patient.
- Mr Cathcart is single.
- Mr Cathcart is a skilled worker.
- The GP complains of a need to frequently use the toilet.
- The patient's father has diabetes.
- The patient is often hungry.
- The patient may have inherited diabetes.
- The patient's pancreas is functioning normally.
- The patient is careless about his insulin injections.

Exercise 6h

Say which of the following sentences are grammatically correct.

- The patient require insulin.
- The patient is requires insulin.
- There are a family history of diabetes.
- The patient is neglectful to give himself injections.
- The patient neglects to give himself injections.
- The patient frequently urinates.
- The patient is frequent urination.
- The tests are showing high glucose levels.
- The tests show high glucose levels.
- The tests have shown high glucose levels.

Exercise 6i

Now complete the following Admission Form for Mr Cathcart by filling in each space with the correct word from the brackets.

PATIENT ADMISSION FORM

Patient's name

Peter Cathcart

Reason for Admission

..... (Excessive, A lot of, Over) ketone production leading to
 (suspected, guessed, assumed) ketoacidosis. This is a
 potentially life (endangered, threatening, risky) condition.

Symptoms

Abdominal (in pain, painful, pain),
 (vomiting, vomit, vomited) (rapid, quickly, speedy)
 breathing, (extreme, extremely, very) tiredness,
 (drowsy, drowsiness, drowsily).

Action to be taken

Monitor blood sugar levels, (give, take, apply) insulin injections.
 Dietician (to, for, by) discuss diet.
 Patient to be shown how to (self-monitoring, monitor self,
 self-monitor) blood glucose (SMBG).
 Link SMBG to (eat, diet, feed).
 Demonstrate to patient how (to read, reading, read)
 SMBG strips.
 (Emphasise, Stressful, Underlining) importance of
 monitoring blood sugar levels every morning and keeping record of results to
 (take, brought, fetch) to GP.

Exercise 6j: Further practice

Read this information about a patient and complete the section of the form that follows it:

John Docherty is 19. He is diabetic. This is his fifth admission to hospital. John recently cut his thumb and his GP prescribed a course of oral antibiotics. The next day he was very unwell with pains, nausea, dehydration and polyuria. He was admitted to hospital where he was nursed until his urine was glucose free.

He is an articulate young man with a wide vocabulary. It appears that he knows how to safely inject insulin and is careful to protect himself from infection. He doesn't understand the reasons for this. He passes urine 8 times a day and has regular bowel movements. However, he is getting very little exercise – he works in an office and is driven to work. He is now putting on weight and has started drinking alcohol. Going to the pub is his favourite pastime.

Communication

Safety

Eating and drinking

Eliminating

Mobility

Answers and comments on the language

Exercise 6a

- a. is not true. Her nickname is 'Effie'.
- b. is true. A 'live-in partner' is someone you live with but are not formally married to. Sometimes this relationship is called 'common-law husband/wife'.
- c. is not true.
- d. is not true. Though 'primary' means 'first' or 'most important', the 'primary nurse' is the nurse responsible for admitting the patient.
- e. is not true. The term 'uncommunicative' suggests that the patient chooses not to communicate as in the case of Roberta Blackwood (Chapter Five). In Ethel Partridge's case it is best to describe her as 'unable to communicate.'
- f. is true. Note the word 'drowsy' in 'Reason for admission'. Also note that 'to fall' and 'to become' go with 'unconscious'.
- g. is not true. Information comes from Robert Greene.
- h. is the correct way of saying this. It is interesting that in the case of certain illnesses it is correct to say 'the patient is a...' as in 'the patient is a diabetic' and 'the patient is a schizophrenic'. However, in most cases the patient 'has' or 'suffers from' as in: 'the patient has cancer' or 'the patient is suffering from flu, AIDS', etc.
- i. is incorrect.
- j. is also a correct way to say it.

Exercise 6b

The patient's breathing is at a rate of 32 per minute and she does not have a cough. Her pulse rate is 128 per minute and her blood pressure is ninety over forty-five. She is of normal body size and has her own teeth. She likes most drinks but has a dislike of milk.

Exercise 6c

When Ethel Partridge was admitted to A&E, she was accompanied by Mr Robert Greene who lives with her. They came by ambulance and Mr Greene reported to staff that his girlfriend had become sleepy, felt generally poorly and then fallen unconscious.

Ethel Partridge is diabetic and will require the supervision of a diabetic nurse specialist in order to learn how to maintain metabolic control in the future. She will need to know of the brain's need for glucose as a source of fuel, the dangers of hypoglycaemia resulting from too much insulin relative to food intake, the relationship between stress and blood sugar levels and methods of testing urine for ketones and blood for sugar.

She needs to know how hyperglycaemia is related to excessive food intake or eating the wrong kinds of food, decreased activity levels in relation to food intake, illness and infections.

Exercise 6d

- 1 *Question:* Diabetics can't eat sweets, can they?
Answer: Sweets are no worse for diabetics than other people.
- 2 *Question:* It isn't safe for diabetics to drive, is it?
Answer: Other people are no safer than diabetics.
- 3 *Question:* Doesn't too much sugar cause diabetes?
Answer: No, it's caused by a combination of things – genes and environment.
- 4 *Question:* Don't people with diabetes eventually go blind?
Answer: It's possible, but it's less likely if you properly control blood pressure and glucose levels.
- 5 *Question:* Is it possible to catch diabetes from another person?
Answer: No, we don't know why some people get it, but it isn't contagious.

Exercise 6e

Diabetes was first recorded in ancient Egypt in 1500 BC. The word 'diabetes' is Greek and means 'fountain' referring to the large amounts of urine produced by the disease in its early stages. Diabetic urine smells sweet and its alternative name – 'mellitus' comes from the Latin word for 'honey'. Doctors can often find unsuspected diabetes by finding sugar in routine urine tests. The urine of diabetics attracts ants looking for sugar and early methods of detecting diabetes included tasting the urine for sweetness.

Exercise 6f

- 1 Assemble a needle and syringe of the correct size, making sure that they both remain aseptic and screw the needle on to the syringe.
- 2 The needle is inserted through the rubber stopper of the medication bottle.
- 3 The prescribed dose of the fluid should be withdrawn from the container into the syringe.

- 4 **Turn** the bottle and syringe upside down and pull back on the plunger to the required dosage of fluid.
- 5 **Swab** the skin at the site chosen for the injection.
- 6 The syringe needs to be checked for air bubbles.
- 7 Using the hand you write with, hold the syringe like a pen or pencil and with the other hand pinch about 2 to 3 inches on either side of the skin.
- 8 About $\frac{2}{3}$ of the needle is inserted at a 90° angle.
- 9 **Depress** the piston of the syringe.
- 10 Pull the needle out smoothly and quickly and then dispose of it.



Fig. 6.5 Assembling the gear for an injection.

Exercise 6g

- a. is not true. Mr Cathcart has been seeing the GP for 10 years.
- b. is true. Though Mr Cathcart is officially described as 'divorced', this does mean that he is unmarried – a single man.
- c. is true. There are several categories of employment including 'unskilled', 'skilled', 'professional', 'executive', 'self-employed' and 'unemployed'. Bricklayers are trained and usually qualified and therefore categorized as 'skilled'.
- d. is not true. When a patient reports symptoms of an illness such as pain this is described as 'complaining of...'. It is not the doctor who is complaining of frequent urination but the patient.
- e. is not true. The patient's father is dead. He therefore 'had' diabetes, not 'has' diabetes.
- f. is true. 'Increased appetite' suggests feelings of hunger.
- g. is true. The patient's father was diabetic. People 'inherit' characteristics from parents, etc.
- h. is not true.
- i. is true. This is one of several ways of saying 'neglects (to do something)'.

Exercise 6h

The following sentences are grammatically correct:

- e.
- f.
- h.
- i.
- j.

Exercise 6i

PATIENT CARE PLAN

Patients Name

Peter Cathcart

Reason for admission

Excessive ketone production leading to suspected ketoacidosis. This is a potentially life-threatening condition.

Symptoms

Abdominal pain, vomiting, rapid breathing, extreme tiredness, drowsiness.

Action to be taken

Monitor blood sugar levels, give insulin injections. Dietician to discuss diet.

Patient to be shown how to self-monitor blood glucose (SMBG).

Link SMBG to diet.

Demonstrate to patient how to read SMBG strips.

Emphasise importance of monitoring blood sugar levels every morning and keeping record of results to take to GP.

Exercise 6j: Further practice

Communication

Articulate. Good vocab.

Safety

Knows how to inject insulin & guard against infection
Does not know *why*.

Eating and drinking

Difficulty keeping to modified diet. Drinks alcohol.
Putting on weight.

Eliminating

Urine 8 × daily.

Mobility

Very little exercise. Does not walk to work,
sedentary job.

Spends spare time drinking in pub.