

Diabetes Mellitus: Case Study of Patient A

Stoyan Grozdanov

1913753

BMHP5003 ITP A1

July 18, 2021

WHAT IS DIABETES MELLITUS?

Diabetes Mellitus is a disease characterized by impaired ability of the body to produce or respond to insulin, thus resulting in elevated blood sugar levels and abnormal carbohydrates metabolism (Plows et al., 2018).

The disease makes the body unable to process food properly to produce energy.

PHYSIOLOGY

Diabetes Mellitus is a syndrome with disordered metabolism and inappropriate hyperglycemia due to either an insulin secretion deficiency or a combination of such deficiency with insulin resistance.

The characteristics of the disease include impaired regulation of hepatic glucose production, peripheral insulin resistance, and declined function or failure of β -cells (Guthrie & Guthrie, 2004).

CASE STUDY RESULTS:

- Patient A smoked at least 10 cigarettes per day but is on a process to quit smoking. Currently, he smokes at least 3 in a day.
- He has HBP and has suffered from Angina before but has no history of stroke
- His mother suffered from a heart attack once before age 60, and one of his sisters has had problems with hyperlipidaemia.
- He has only recently began exercising for at least 30 minutes every day.
- His eating habits have not been healthy but has been without alcohol for 6 months now

BEHAVIORAL INTERVENTIONS



References

- Guthrie, R. A., & Guthrie, D. W. (2004). Pathophysiology of diabetes mellitus. *Critical care nursing quarterly*, 27(2), 113-125.
- Plows, J. F., Stanley, J. L., Baker, P. N., Reynolds, C. M., & Vickers, M. H. (2018). The pathophysiology of gestational diabetes mellitus. *International journal of molecular sciences*, 19(11), 3342.