# Managing Type 1 Diabetes in a Pediatric Patient



**Introduction:**

A 10-year-old female diagnosed with type 1 diabetes presents for a routine check-up. This case study focuses on the nursing care plan for managing diabetes in pediatric patients.

**Patient Information:**

* Demographics: 10-year-old female.
* Medical History: Diagnosed with type 1 diabetes six months ago.
* Current Health Assessment: Well-controlled blood glucose levels, but expresses difficulty with frequent insulin injections.

**Case Description:**

* Clinical Presentation: Patient is active, engaging in school activities but struggles with diabetes management.
* Diagnostic Findings: HbA1c is 7.2%, indicating good control.
* Treatment Plan: Insulin therapy, carbohydrate counting, and regular blood glucose monitoring.

**Nursing Care Plan:**

* Nursing Diagnoses: Risk for unstable blood glucose levels.
* Goals: Maintain blood glucose within target range and increase patient comfort with diabetes management.
* Interventions: Education on insulin pump use, dietary advice, and coping strategies.
* Evaluation: Patient showed interest in using an insulin pump and understood dietary recommendations.

**Analysis:**

This case emphasizes the importance of education and emotional support in managing chronic conditions in pediatric patients.

**Conclusion:**

Effective management of type 1 diabetes in children requires a comprehensive approach that includes education, technological aids, and psychological support.