

# Managing Type 1 Diabetes in a Pediatric Patient

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## 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.