

Endocrine System

Pancreas

Pathophysiology: an organ in the body containing alpha and beta cells that produce both endocrine and exocrine function

- **Alpha cells:** secrete glucagon
- **Beta cells:** secrete insulin
- **Endocrine function:** hormones assist body with metabolism
- **Exocrine function:** secretion of enzymes to help assist with food digestion



Diabetes

Pathophysiology:

- DM 1: there is insufficient insulin
- DM 2: there is insulin resistance

Causes:

- DM 1
 - Past viral infection
 - Genetic predisposition
- DM 2
 - Poor lifestyle choices

Signs & Symptoms:

- Increased urine
- Increased hunger
- Increased thirst
- Increased fatigue
- Blurred vision (early onset) that can lead to chronic complications
- Pins/needles feeling in the feet
- Unexplained weight loss (DM1)

Polyuria & Polydipsia

- The blood is thick, making it hard for the heart to supply blood and O₂ to the body. The body tries to thin the blood by pulling excess H₂O, causing an increase in urine and thirst.



Prevention

- Glucose control
- Diet
- Exercise
- Medications
- Urine testing for ketones

REFER TO DM1 & DM2 CARE PLAN FOR DETAILS

Why is it important?

- Poor diabetic control can lead to heart and vessel damage, kidney failure, and nerve damage.

Diabetic Sick Day Rules

- Monitor blood glucose every 4 hours
- Test urine for ketones (>240 mg/dL)
- Continue to take medications unless a provider says otherwise
- Increase fluid intake to prevent dehydration
- Eat meals at regular times

CALL DOCTOR IF:

- Persistent N/V/D
- Moderate to high ketones
- Blood sugar >250 and not responding to insulin
- Illness longer than 2 days
- Fever 101.5 or higher for more than 24 hours

Risk Factors

- Hypertension (damages the blood vessels)

Endocrine Study Guide Nursing

Liyong Dong



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Table of Contents Endocrine Study Guide Nursing

1. Understanding the eBook Endocrine Study Guide Nursing
 - The Rise of Digital Reading Endocrine Study Guide Nursing
 - Advantages of eBooks Over Traditional Books
2. Identifying Endocrine Study Guide Nursing
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Endocrine Study Guide Nursing
 - User-Friendly Interface
4. Exploring eBook Recommendations from Endocrine Study Guide Nursing
 - Personalized Recommendations
 - Endocrine Study Guide Nursing User Reviews and Ratings
 - Endocrine Study Guide Nursing and Bestseller Lists
5. Accessing Endocrine Study Guide Nursing Free and Paid eBooks
 - Endocrine Study Guide Nursing Public Domain eBooks
 - Endocrine Study Guide Nursing eBook Subscription Services
 - Endocrine Study Guide Nursing Budget-Friendly Options

6. Navigating Endocrine Study Guide Nursing eBook Formats
 - ePub, PDF, MOBI, and More
 - Endocrine Study Guide Nursing Compatibility with Devices
 - Endocrine Study Guide Nursing Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Endocrine Study Guide Nursing
 - Highlighting and Note-Taking Endocrine Study Guide Nursing
 - Interactive Elements Endocrine Study Guide Nursing
8. Staying Engaged with Endocrine Study Guide Nursing
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Endocrine Study Guide Nursing
9. Balancing eBooks and Physical Books Endocrine Study Guide Nursing
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Endocrine Study Guide Nursing
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Endocrine Study Guide Nursing
 - Setting Reading Goals Endocrine Study Guide Nursing
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Endocrine Study Guide Nursing
 - Fact-Checking eBook Content of Endocrine Study Guide Nursing
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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