

Hyperglycemia

Pathophysiology: Hyperglycemia is an increase in plasma glucose (blood sugar) for more than 200 mg/dl. It can turn into a complex medical condition -- diabetic ketoacidosis and coma if it's not treated on time and adequately. Hyperglycemia is usually the first sign of diabetes mellitus.

Signs and Symptoms:

- 1- Hunger.
- 2- Extreme thirst.
- 3- Frequent urination.
- 4- Drowsiness.
- 5- Restlessness.
- 6- Blurred vision.
- 7- Dry skin.
- 8- Nausea.

Risk Factors:

- 1- Genetic.
- 2- Complicated diabetes mellitus cases.
- 3- Obesity.
- 4- Excessive carbohydrates diet.
- 5- Belongs to a high-risk ethnic group.
- 6- Hypertension.

Treatment:

- Control weight.
- Eat a healthy well-balanced diet.
- Get regular exercise.
- Have regular checkups.

Diet:

- Eat a diet low in saturated and total fat.
- Eat a diet moderate in sodium and sugar.
- Eat 5 or more fruits and vegetables a day.
- Choose a diet rich in whole grains.
- Eat at the same time everyday, at least within 1 hour of regular time.
- Eat about the same amount of carbohydrate with each meal.

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