

## HYPERGLYCEMIA (Normal Mental Status)

Level II  
(No Level I)

**SKILL LEVEL:** RN

**DEFINITION:** Increase in blood sugar level without severe metabolic derangements in particular without metabolic acidosis and ketone production.

<p><b>Subjective:</b></p> <ul style="list-style-type: none"> <li>• "I'm thirsty a lot, I'm urinating a lot." Appetite ok.</li> <li>• May complain of fatigue, weakness or weight loss.</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Alteration in comfort: Possible Hyperglycemia.</li> </ul>
<p><b>Objective:</b></p> <ul style="list-style-type: none"> <li>• Vitals similar to previous checks.</li> <li>• Moist mucous membranes (patient is hydrated).</li> <li>• Normal mental state.</li> <li>• No tachycardia or tachypnea.</li> <li>• Not dehydrated.</li> <li>• No nausea and vomiting.</li> <li>• No abdominal pain.</li> </ul>	<p><b>Plan:</b></p> <ul style="list-style-type: none"> <li>• Capillary glucose test (finger stick).</li> <li>• Elicit and check brief medical history.</li> <li>• If taking insulin or oral hypoglycemia medications:             <ul style="list-style-type: none"> <li>- Amount</li> <li>- Type</li> <li>- Time last taken</li> </ul> </li> <li>• Note any alteration in mental status.</li> <li>• <b>IF Patient not previously diagnosed as diabetic and if normal mental status.</b> <ul style="list-style-type: none"> <li>- Glucose more than 300 mg/dl, call practitioner for orders.</li> <li>- Glucose less than 300 mg/dl,                 <ul style="list-style-type: none"> <li>• Obtain T1D finger stick glucose for a week.</li> <li>• Obtain fasting Metabolic Profile, CBC, Hemoglobin A1c, and lipid panel next day.</li> <li>• Schedule with provider.</li> </ul> </li> </ul> </li> <li>• <b>Patient is known diabetic.</b> <ul style="list-style-type: none"> <li>- Glucose more than 500 mg/dl, call practitioner for orders.</li> <li>- Glucose below 500, may use additional regular insulin according to "standard sliding scale" <b><u>if approved for the patient.</u></b></li> </ul> </li> </ul>

## Hyperglycemia – Level II

	<b>Plan (Cont.):</b>	
	<b><u>Standard Sliding Scale</u></b>	
	<u>Glucose (Blood Sugar) mg/dl</u>	<u>Units Regular Insulin</u>
	250-300	6
	301-350	8
	351-400	10
	401-450	12
	451-500	14
	(Based conservatively on ADA recommendation of 1-2 units of regular insulin prescribed for every 50 mg/dl increment above target glucose level of 150.)	
	• If insulin given, recheck by Capillary Blood Glucose in 2-4 hours.	

**Nursing education:** When patient has an elevated blood sugar with symptoms of Diabetic Ketoacidosis (nausea, vomiting, abdominal pain tachycardia, tachypnea, dehydration, or mental confusion, treat this as a medical emergency. See Emergency protocol for Diabetic Ketoacidosis.


### APPROVED:

\_\_\_\_\_  
Medical Services Manager

\_\_\_\_\_  
Date

\_\_\_\_\_  
Chief Medical Officer

\_\_\_\_\_  
Date

  
\_\_\_\_\_  
Medical Director

5/5/09  
Date

Date Effective: May 2009

Revised: May 2009