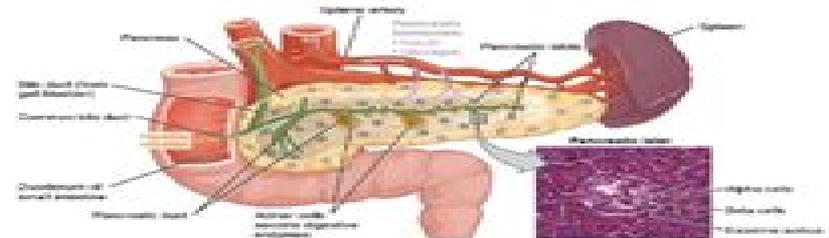


# Endocrine System

## 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

## Polyuria & Polydipsia

- The blood is thick, making it hard for the heart to supply blood and O<sub>2</sub> to the body. The body tries to thin the blood by pulling excess H<sub>2</sub>O, causing an increase in urine and thirst.



## 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

## Risk Factors

- Hypertension (damages the blood vessels)

**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)

## 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.

**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

# Endocrine System Study Guide Nurses

**Susan M. Ford, Sally S. Roach**



## **Endocrine System Study Guide Nurses:**

## Decoding **Endocrine System Study Guide Nurses**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Endocrine System Study Guide Nurses**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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