Case Study
Diabetes Type II
Mr. Jenaro

Mr. Jenaro is a 61 year old Spanish-speaking man who presents to the emergency department with his wife Dolores. Mrs. Jenaro is also Spanish speaking, but understands some English. Mr. Jenaro complains of nausea and vomiting for two days and symptoms of confusion. His blood glucose is 796 mg/dL. Intravenous regular insulin (Humalog) is prescribed and he is admitted for further evaluation. He will require teaching regarding his newly diagnosed diabetes.

Mr. Jenaro is newly diagnosed with diabetes. His hemoglobin A1C is 10.3%. Mr. Jenaro is overweight. He is 5 feet 10 inches tall and weight 174 pounds (79 kg). He reports no form of regular exercise. He does not follow a special diet at home. He states, “I eat whatever Dolores puts in front of me. She is a good cook.” For the past few months, Mrs. Jenaro has noticed that her husband “has been very thirsty and has been up and down to the bathroom a hundred times a day. “Neither can recall how long it has been since these changes in Mr. Jenaro began. Dolores states “It has been quite a while now. It just seems to be getting worse and worse.”

1. The nurse does not speak Spanish. Discuss what the nurse should keep in mind to facilitate effective communication using an interpreter. What is the difference between the role of a medical “interpreter” and that of a medical “translator”?
2. Describe the following serum glucose tests used to help confirm the diagnosis of diabetes mellitus: causal, fasting, postprandial, and oral glucose tolerance test.
3. When evaluation Mr. Jenaro’s postprandial result, what is important to consider regarding his age and tobacco use?
4. Calculate the body mass index (BMI)?
5. Explain what a hemoglobin A1C (HbA1c) lab test tells the health care provider.
6. How might the nurse briefly explain what diabetes is in lay terms to Mr. & Mrs. Jenaro?
7. Explain the difference between type 1 diabetes and type 2 diabetes and who is at increased risk for developing each type. Based on this understanding, which type of diabetes does Mr. Jenaro have?
8. Discuss the prevalence of diabetes and the potential long term complication of diabetes.
9. List and prioritize five nursing diagnoses appropriate to consider for Mr. Jenaro.
10. Discuss Mr. & Mrs. Jenaro’s learning needs. Consider the communication preferences of Mexican American.
11. Discuss the dietary recommendation of a diabetic based on the diabetic food pyramid.
12. Discuss how culture may influence Mr. Jenaro’s diabetes management in terms of food choices, diet and exercise, and use of an alternative health care provider.
13. Discuss the information the nurse and/or diabetes educator should include when teaching Mr. Jenaro about proper foot care.
14. Discuss the lifestyle considerations the nurse and/or diabetes educator should discuss with Mr. Jenaro and his wife.
15. Discuss what Mr. Jenaro should be taught about how to manage his diabetes on days that he is ill (e.g., if he were to have a stomach virus).
16. Mr. Jenaro meets his friend at a local bar once a week for a beer or two. What impact does alcohol have on a diabetic? Should he discontinue this social activity?