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Case Study 2(D.M)

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A 56-year-old male patient was admitted to the hospital with complaints of **excessive thirst, frequent urination, blurred vision, and unexplained fatigue** for the past two weeks. He has a history of type 2 diabetes mellitus for 8 years but has been irregular in taking his medication and following his diet plan. On examination, his blood glucose level was **found to be 320 mg/dL**, and **HbA1c was 9.2%**. The patient also reported **eating large amounts of sweets and missing insulin doses**. Laboratory tests showed mild dehydration and elevated serum ketones. The patient was diagnosed with hyperglycemia due to poor glycemic control. Treatment included intravenous fluids, insulin therapy, and patient education about diet, medication adherence, and regular blood glucose monitoring.

Symptoms of Hyperglycemia



**Increased
thirst.**



**Frequent
urination.**



**Blurred
vision.**



**Slow-healing cuts
and sores.**



Fatigue.

Sub-Group 1	Question
	<ol style="list-style-type: none">1. What are the main symptoms experienced by the patient in this case?2. What is the likely cause of the elevated blood glucose level in this patient?3. How was hyperglycemia diagnosed in this patient?
Sub-Group 2	Question
	<ol style="list-style-type: none">4. Which laboratory results support the presence of hyperglycemia?5. What factors contributed to poor glycemic control in this patient?6. What type of treatment was used to correct the blood glucose level?
Sub-Group 3	Question
	<ol style="list-style-type: none">7. Why is adherence to diet and medication important in diabetic patients?8. What complications can occur if hyperglycemia is not properly managed?9. What is the difference between chronic and acute hyperglycemia?

Sub-Group	Question
4	<p>10. How can the patient prevent future episodes of hyperglycemia?</p> <p>11. <i>What lifestyle habits may have contributed to the patient's high blood sugar?</i></p> <p>12. <i>How does dehydration affect hyperglycemia in this patient?</i></p>
5	<p>13. Why might elevated serum ketones be concerning in this scenario?</p> <p>14. What role does insulin therapy play in managing hyperglycemia?</p> <p>15. How can blood glucose monitoring help in controlling diabetes?</p>