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PROPER NUTRITION AND NURSING CARE FOR PATIENTS WITH DIABETES

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Diabetes mellitus has become a global health problem today, with incidence rates increasing significantly every year. This disease is a chronic disorder of the endocrine system, characterized by elevated blood glucose levels and, over time, negatively affecting almost all organs and systems. According to the World Health Organization, complications of diabetes lead to serious consequences, such as cardiovascular disease, vision loss, kidney failure, and peripheral nervous system damage.

Proper nutrition, physical activity, and quality nursing care play an important role in controlling the disease. A scientifically based diet helps stabilize glucose levels, normalize metabolic processes, and prevent the early development of complications. Systematic care and monitoring by a nurse increases the effectiveness of treatment several times.

Therefore, organizing proper nutrition for diabetic patients and introducing the principles of modern nursing care are extremely urgent issues today.

Scientific foundations of proper nutrition in diabetes. Diet in diabetes is not only a restriction of food, but also an important therapeutic measure aimed at controlling metabolic processes. The main tasks of the diet are: maintaining blood glucose within the physiological norm, normalizing weight, improving lipid and protein metabolism, reducing the risk of cardiovascular and other complications.

Foods with a low glycemic index prevent a sharp increase in sugar levels. These are: buckwheat, oats, brown rice, blue and dark green vegetables (broccoli, cabbage, spinach), legumes such as beans, peas, low-fat dairy products (yogurt, kefir), lean meat and fish.

Foods to limit: rapidly digestible carbohydrates (sugar, cakes, white bread), fried and fatty foods, sugary drinks, fast food, trans fats.

According to scientific recommendations, the following proportions should be maintained in the diet of patients with diabetes: complex carbohydrates - 45–50%, animal and vegetable proteins - 20–25%, healthy fats - 25–30%, it is advisable to eat 4–5 times, with small but balanced portions.

The content and tasks of nursing care. Nursing care for patients with diabetes is a complex activity aimed at controlling the disease, forming a healthy lifestyle, and preventing complications.

The nurse constantly monitors the following: blood glucose levels, blood pressure, heart rate, body weight, skin condition and signs of diabetic ulcers, the patient's general condition and complaints.

The nurse develops the following skills in the patient: following a diet and creating a menu, methods for correctly injecting insulin, using a glucometer, providing regular foot care, and providing first aid in case of hypoglycemia.

Preventive measures: prevention of neuropathy, retinopathy, and nephropathy, recommendations for physical activity, stress reduction and sleep hygiene, monitoring adherence to drug therapy.

Steps in the nursing process:

1. Problem identification: in-depth analysis of the patient's condition.
2. Planning: creating an individual care plan.
3. Intervention: implementing care, education, and preventive measures.
4. Evaluation: analyzing results and monitoring the effectiveness of the plan.

Conclusion

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Proper nutrition and nursing care are two main complementary areas in the management of diabetes. A scientifically based diet ensures stable glucose levels, improves metabolic processes and prevents complications. Regular work with the patient, his education and supervision by a nurse increases the effectiveness of treatment and significantly improves the patient's quality of life.

Therefore, managing diabetes based on a comprehensive approach is a process that requires cooperation between the medical team, the patient, and the nurse, and its proper implementation directly affects the course of the disease and the development of complications.

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