

Winningham's *Critical Thinking Cases in Nursing: Case Study 76: "Endocrine Disorders"*

Scenario:

Y.L., a 34-year-old Southern Asian Woman, comes to the clinic with complaints of chronic fatigue, increased thirst, constant hunger, and frequent urination. She denies any pain, burning, or low-back pain on urination. She tells you she has a vaginal yeast infection that she has treated numerous times with over-the-counter medication. She works full time as a clerk in a loan company and states she has difficulty reading numbers and reports, resulting in her making frequent mistakes. She says, "By the time I get home and make supper for my family, then put my child to bed, I am too tired to exercise." She reports her feet hurt; they often "burn or feel like there are pins in them." She has a history of gestational diabetes and reports that after her delivery she went back to her traditional eating pattern, which is high in carbohydrates.

In reviewing Y.L.'s chart, you note she last saw the provider 6 years ago after the delivery of her last child. She gained considerable weight; her current weight is 173 pounds. Today her blood pressure (BP) is 152/97 mm Hg. and a random plasma glucose level is 291 mg/dL. The provider suspects that Y.L. has developed type 2 diabetes mellitus (DM) and orders the laboratory studies shown in the chart.

Chart View

Laboratory Test Results:

Fasting glucose	184 mg/dL
Hemoglobin A _{1c} (HbA _{1c})	8.8%
Total cholesterol	256 mg/dL
Triglycerides	346 mg/dL
Low-density lipoprotein (LDL)	155 mg/dL
High-density lipoprotein (HDL)	32 mg/dL
Urinalysis (UA)	+glucose, -ketones

Answer the following questions and statements.

- Each question is assigned a point value.
- Submit the completed worksheet to the Dropbox no later than Day 7 of Unit 4.
- Your instructor will post the grade for this Assignment in the Gradebook no later than Day 7 of Unit 5.

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Table of Contents Endocrine Disorders Case Study 76 Bing Free Links

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 - The Rise of Digital Reading Endocrine Disorders Case Study 76 Bing Free Links
 - Advantages of eBooks Over Traditional Books
2. Identifying Endocrine Disorders Case Study 76 Bing Free Links
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Endocrine Disorders Case Study 76 Bing Free Links
 - User-Friendly Interface
4. Exploring eBook Recommendations from Endocrine Disorders Case Study 76 Bing Free Links
 - Personalized Recommendations
 - Endocrine Disorders Case Study 76 Bing Free Links User Reviews and Ratings

- Endocrine Disorders Case Study 76 Bing Free Links and Bestseller Lists
- 5. Accessing Endocrine Disorders Case Study 76 Bing Free Links Free and Paid eBooks
 - Endocrine Disorders Case Study 76 Bing Free Links Public Domain eBooks
 - Endocrine Disorders Case Study 76 Bing Free Links eBook Subscription Services
 - Endocrine Disorders Case Study 76 Bing Free Links Budget-Friendly Options
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 - ePub, PDF, MOBI, and More
 - Endocrine Disorders Case Study 76 Bing Free Links Compatibility with Devices
 - Endocrine Disorders Case Study 76 Bing Free Links Enhanced eBook Features
- 7. Enhancing Your Reading Experience
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 - Highlighting and Note-Taking Endocrine Disorders Case Study 76 Bing Free Links
 - Interactive Elements Endocrine Disorders Case Study 76 Bing Free Links
- 8. Staying Engaged with Endocrine Disorders Case Study 76 Bing Free Links
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Endocrine Disorders Case Study 76 Bing Free Links
- 9. Balancing eBooks and Physical Books Endocrine Disorders Case Study 76 Bing Free Links
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Endocrine Disorders Case Study 76 Bing Free Links
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Endocrine Disorders Case Study 76 Bing Free Links
 - Setting Reading Goals Endocrine Disorders Case Study 76 Bing Free Links
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Endocrine Disorders Case Study 76 Bing Free Links
 - Fact-Checking eBook Content of Endocrine Disorders Case Study 76 Bing Free Links
 - Distinguishing Credible Sources

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 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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