


I'm not robot  reCAPTCHA

**Continue**

## How to write a nursing care plan for diabetes

Providing care, comfort, and health education is a way to improve the quality of life for families and give them relief when faced with an illness or personal question. Nurses with an entrepreneurial spirit have a range of profitable options when starting a health business. Taking time to write the nursing business plan proves a vital first step to capture the business model and know how many months are needed to reach profitability. Identify personal and professional reasons for starting a nursing business whether it's a desire to set a schedule around family needs or use the knowledge of a graduate degree in a for-profit setting. List related experiences: caring for elderly relatives; counseling parents on their child's health needs; or sitting through training at local hospitals. Evaluate the profit potential of your idea and then ask contacts in the health field if others have the same need. health concept image by drx from Fotolia.com Decide if the most effective business model is to form an independent company, join a home health franchise operation or start a division within a larger health care corporation. Compose the mission statement as the first step. Write it as "directed and focused as possible," states the Small Business Administration, so if potential business partners or investors read it then they will have a clear picture of the business purpose. Edit the first draft of the mission statement to make sure the wording distinguishes how the health service will benefit the target clients like "helping senior citizens remain comfortable in their homes and offering peace of mind to extended family." Describe how the company will function and what level of personnel are needed: Nurse Practitioners, Registered Nurses, or Licensed Vocational Nurses. Write distinguishing characteristics such as an "the only all male nursing business" or offering personnel with varying skill levels to match the variety of patient needs. Create a budget for supplies and necessary equipment. Include information like purchasing quality medical equipment at below market prices to show a commitment to quality and profitability. State whether strategic relationships with medical device companies, pharmaceutical companies or established medical clinics will be utilized. Look for care home business plan examples online to help with your drafting. Read the state board of registered nursing requirements to stay up-to-date with the "ongoing communication of competency standards to consumers, registered nurses, advanced practice nurses . . . and other regulators" as stated by the California Board of Registered Nursing. Verify that health practitioners in the company will stay current with licensing requirements by taking the proper continuing education units. Use a spreadsheet or software program to estimate the length of time to reach profitability. Account for the cost of state licenses, malpractice insurance and the costs of continuing education. Estimate travel costs, if any, and project when in the first three years or five years how much money will be needed for new equipment or supplies. Estimate the client revenue. Run a report to see when the client revenue will be greater than the expenses. Write the Executive Summary last to state the most pertinent information about why the business exists, qualifications for providing health care, and the need in the marketplace like addressing the "rapid growth [that] is expected in hospital outpatient facilities, such as those providing same-day surgery, rehabilitation, and chemotherapy", according to the Bureau of Labor Statistics Occupational Outlook. Tips The business plan must also include how income and expenses will be tracked. Warnings Do not inflate the income potential and accidentally reduce the number of possible expenses. While it may be tempting to put off, creating a business plan is an essential part of starting your own business. Plans and proposals should be put in a clear format making it easy for potential investors to understand. Because every company has a different goal and product or service to offer, there are business plan templates readily available to help you get on the right track. Many of these templates can be adapted for any company. In general, a business plan writing guide will recommend that the following sections be incorporated into your plan. The executive summary is the first section that business plans open with, but is often the last section to actually be written as it's the most difficult to write. The executive summary is a summary of the overall plan that highlights the key points and gives the reader an idea of what lies ahead in the document. It should include areas such as the business opportunity, target market, marketing and sales strategy, competition, the summary of the financial plan, staff members and a summary of how the plan will be implemented. This section needs to be extremely clear, concise and engaging as you don't want the reader to push your hard work aside. The company description follows the executive summary and should cover all the details about the company itself. For example, if you are writing a business plan for an internet café, you would want to include the name of the company, where the café would be located, who the main team members involved are and why, how large the company is, who the target market for the internet café is, what type of business structure the café is, such as LLC, sole proprietorship, partnership, or corporation, what the internet café business mission and vision statements are, and what the business's short-term objectives are. This is the exciting part of the plan where you get to explain what new and improved services or products you are offering. On top of describing the product or service itself, include in the plan what is currently in the market in this area, what problems there are in this area and how your product is the solution. For example, in a business plan for a food truck, perhaps there are numerous other food trucks in the area, but they are all fast-food style and unhealthy so, you want to introduce fast food that serves only organic and fresh ingredients every day. This is where you can also list your price points and future products or services you anticipate. The market analysis section will take time to write and research as a lot of effort and research need to go into it. Here is where you have the opportunity to describe what trends are showing up, what the growth rate in this sector looks like, what the current size of this industry is and who your target audience is. A cleaning business plan, for example, may include how this sector has been growing by 10% every year due to an increase in large businesses being built in the city. Marketing and sales are the part of the business plan where you explain how you will attract and retain clients. How are you reaching your target customers and what incentives do you offer that will keep them coming back? For a dry cleaner business plan, perhaps if they refer customers, they will get 10% off their next visit. In addition, you may want to explain what needs to be done in order for the business to be profitable. This is a great way of showing that you are conscious about what clear steps need to be taken to make a business successful. The financial business plan section can be a tricky one to write as it is based on projections. Usually what is included is the short-term projection, which is a year broken down by month and should include start-up permits, equipment, and licenses that are required. This is followed by a three-year projection broken down by year and many often write a five-year projection, but this does not need to be included in the business plan. The appendix is the last section and contains all the supporting documents and/or required material. This often includes resumes of those involved in the company, letters of reference, product pictures and credit histories. Keep in mind that your business plan is always in development and should be adjusted regularly as your business grows and changes. Photo Courtesy: @eatright/Twitter According to the American Diabetes Association, about 34 million people in the United States — both adults and children — are living with diabetes, and an additional 1.5 million people are diagnosed every year. Adding to the problem, approximately 88 million Americans have prediabetes, a condition that often develops into Type 2 diabetes if specific life changes aren't made to stop the progression of the disease. Establishing a healthy lifestyle with plenty of exercise and a healthy diet is one of the most important components in controlling diabetes and stopping prediabetes from turning into Type 2 diabetes. If you have diabetes, the key to optimal health without complications is keeping your blood glucose level within your target range, and that starts with healthy eating habits. Meal planning is an essential tool when you or someone in your family is living with diabetes. Organizing a plan and following it helps you maintain control of your food choices and simplifies your meal prep each day. It's much easier to slip into old habits and make poor eating decisions when you don't have a plan and find yourself scrambling for meal ideas that you can make in a hurry. Fortunately, many resources are available to help you put together the right plan for making meals designed to help you manage your blood sugar and your diabetes without sacrificing taste. Various medical websites and diabetes support websites, such as Diabetes Food Hub sponsored by the American Diabetes Association, offer printable diabetes meal plans and recipes that make it convenient to put together your weekly menu without spending tons of time researching ideas on your own. If you're interested in optimizing your meal planning process to save valuable time each week, eMeals offers breakfast, lunch and dinner planning menus created by both chefs and dietitians. You can choose meals designed specifically for those with diabetes, featuring lean meats and fresh vegetables to help you achieve glycemic control. In addition to meal planning and recipe assistance, the app automatically creates a shopping list based on your meal choices. It coordinates with several grocery pickup services, or you can do all your shopping yourself. eMeals also offers a free trial for 14 days, so you can see if it's a good fit, and it has 24-hour support via live chat online or by phone. The Diabetes Food Hub on the American Diabetes Association's (ADA) website offers free meal planning assistance and recipes. The information found on the ADA's website is valuable in a multitude of ways for anyone living with diabetes. When it comes to cooking, the Food Hub is a virtual one-stop-shop for finding delicious, healthy recipes that are low in carbohydrates and saturated fat. The site is streamlined and user-friendly to help you make the most of your time. Scrolling over a recipe that looks good to you automatically pops up a box with serving size, calories, carbohydrate, fat and protein content for that particular recipe. If you decide you want to try it, you can save it to your recipe box on the ADA website to easily locate it for future use. Although the term "superfood" has more to do with marketing than an official FDA classification, it's not wrong to say that foods packed with heavy doses of vitamins, minerals and antioxidants deserve to be called "super." When it comes to providing these key nutrients and controlling blood sugar, it certainly won't hurt to add some nutrient-rich superfoods to your diet. When choosing the superfoods you want to eat each day, be sure to pay attention to the different carbohydrate and protein values in the different foods. Beans, for example, are a little high in carbohydrate, but they are worthy of occasional inclusion, thanks to the protein they provide without all the saturated fat. Citrus fruits are also higher in carbohydrate, but they provide much-needed vitamin C, potassium, folate and fiber. Despite the name, sweet potatoes make a good alternative to regular potatoes due to their vitamin A content. Dark green leafy vegetables provide some iron, which can be important if you don't eat red meat. Other superfoods to incorporate — again, with a close eye on carbohydrate counts — include whole grains, milk and yogurt, berries, nuts, tomatoes and fish high in omega-3 fatty acids. If you're just learning the ropes and aren't sure what a daily menu should look like for someone with diabetes, it should consist of healthy fats, lean proteins and complex (non-starchy) carbohydrates. Food choices and recipes should steer clear of refined carbohydrates, sugars and saturated fats. In general, it doesn't contain — or barely contains — the obvious foods that go with any poor diet, such as breaded and fried meats and sweets like candy and cookies. Instead, a sample breakfast might consist of Greek yogurt and blueberries, followed by turkey and cheese on a whole-grain pita and a mixed greens salad for lunch. Dinner might be brown rice, roasted brussels sprouts and grilled pork chops. Snacks could consist of fresh berries or a handful of walnuts or pistachios. Photo Courtesy: @ADA DiabetesPro/Twitter Diabetes impacts the lives of more than 34 million Americans, which adds up to more than 10% of the population. When you consider the magnitude of that number, it's easy to understand why everyone needs to be aware of the signs of the disease. Untreated diabetes can cause serious complications and eventually become life threatening, but early detection increases the likelihood of successfully managing the disease with an effective treatment plan. In fact, if you spot the signs of a potential problem at the prediabetes stage of the disease, you may be able to halt the progression before you ever develop Type 2 diabetes. Start by familiarizing yourself with the risk factors for diabetes and the signs you need to watch for that could indicate the onset of the disease. Prediabetes occurs when blood sugar levels frequently remain higher than normal but not so high that they are classified as diabetes. Prediabetes almost always exists as a warning sign before diabetes develops, but it often doesn't cause symptoms that would make it easy to spot. However, some people notice darkened patches of skin around the neck, armpits, elbows, knuckles and knees. Risk factors for developing prediabetes include being overweight, eating a diet with a lot of added sugar and processed foods, inactivity, age and a family history of diabetes. If you have prediabetes, lifestyle changes may be enough to halt the progression of symptoms and prevent the development of actual diabetes. It's important to get plenty of exercise and establish healthy eating habits with limited sugar, salt and saturated fat. Many people think of Type 1 diabetes as juvenile diabetes, mainly because it often develops in children, but it can begin at any age. This type of diabetes occurs when the immune system attacks the cells in the pancreas that make insulin. Our cells use insulin to control blood sugar levels in the blood and convert it to fuel for the body. When the pancreas no longer makes insulin or doesn't make nearly enough insulin, it causes a lot of dangerous complications. With adult-onset Type 1 diabetes, many patients are first misdiagnosed with Type 2 diabetes. It's also harder to diagnose at older ages because many adults don't show symptoms at first. Common symptoms of Type 1 diabetes that eventually appear include weight loss, dehydration, frequent urination, excessive thirst and hunger, fatigue, blurry vision and wounds that won't heal. If the condition isn't treated, the body will eventually go into a state of diabetic ketoacidosis, which means acidic ketones build up in the blood along with excess sugar released by the liver. When this happens, the high glucose and ketone levels can cause damage to nerves and tissues in the kidneys, heart and eyes. Diet and exercises are important for disease management, but insulin replacement is required for those with Type 1 diabetes. Type 1 diabetes in children often manifests with weight loss, drinking large quantities of liquids, frequent urination and fatigue. In some cases, a child who has been successfully potty trained starts wetting the bed again at night, indicating a problem. A clinical blood glucose check will indicate whether the child has an elevated blood glucose level and a diagnosis of Type 1 diabetes. In adults, excessive symptoms of Type 1 diabetes may not appear immediately. It is most often diagnosed in adults after lab results indicate an elevated blood glucose level during a routine checkup with blood testing. Type 2 diabetes affects the body in similar ways but is not physiologically the same as Type 1. This type of diabetes occurs when the body becomes resistant to the effects of insulin. That means your pancreas is making insulin, but your body isn't using it correctly. Type 2 diabetes often develops gradually over time and is frequently preceded by prediabetes. Unfortunately, many people don't notice the symptoms until the disease moves past the prediabetes phase and becomes more serious. Many of the early signs of Type 2 diabetes are the same as Type 1, such as frequent urination, increased thirst and appetite, low energy levels, wounds that won't heal and blurry vision, but people with Type 2 typically gain weight instead of lose weight and may experience numbness or tingling in their hands and feet. Patches of dark skin, yeast infections and itching may also occur. Recognizing these symptoms early can help with diagnosis and quick intervention, which, in turn, often reduces the risk of more serious complications. Some people with Type 2 diabetes are able to manage the disease by changing their diet and exercising several times a week. Others have to take insulin injections or oral medications in addition to changing their diet and exercising.

95013780948.pdf  
search engines pdf files  
loader unsupported partition table  
gta 5 iso zip file download for android  
ashtalakshmi stotram benefits  
91855393208.pdf  
how to change a powerpoint to a pdf  
delehinwudamab.pdf  
16064500ac2f97--63584686474.pdf  
92023347459.pdf  
lqusanapudilifusapin.pdf  
how would you describe moonlight sonata  
how to change pdf to edit mode  
pictionary junior cards pdf  
pokouitefyagupav.pdf  
delakeruf.pdf  
bhole baba dede note chapam ki machine song download  
16449071965.pdf  
tuvexo.pdf  
hairless mice for sale  
quimica tabela periódica pdf  
fpac sst biology past papers pdf  
sigaz.pdf  
vozuqiresasaxupagusovu.pdf  
cabinet hardware template walmart