

Type: Case Study

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Subject area: Nursing

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Title: Common Health Conditions with Implications for Women

Instructions: see attachment

Case Study: Obstetrics

Name

Affiliation

Course Code

Supervisor

Date

Differential Diagnosis for Gestational Diabetes Mellitus

1. Polydipsia

This is the first diagnosis which is usually caused by the patient not drinking enough water after she has lost a lot of fluid. This especially happens when the patient sweats a lot or drinks particular fluids such as black or green tea. The patient will quite often feel thirsty since the body seeks to replace the lost fluid. Another common cause for polydipsia is due to dehydration, the patient is likely to feel this whether or not they have been urinating or sweating a lot (Radenkovi, 2011). Polydipsia is also a condition where the patient will abnormally pass large amounts of urine. Most often it is related to early symptoms of diabetes mellitus due to the fact that the patient's sugar levels will be too high as to make one feel thirsty regardless of the amount of water they would be drinking. The condition usually occurs when the patient continues feeling an urgent need to drink more fluids.

2. Diabetes Insipidus

The condition is mostly common with pregnancy where the patient's placenta can make an enzyme which destroys a hormone known as vasopressin which controls how much water one can retain in the body. Lack of the condition can lead to frequent urination and heavy thirst. Gestagenic DI may also cause the patient to experience lack of control when they urinate that at

times they might bedwett (Mohamed Maged, 2020). There are cases where the disease can be hereditary, where in other the problem as to do with the way that the body controls thirst, there are however times that the cause may be unknown. The condition may also make a person so thirsty that they will feel like drinking a lot of water all the time. In this regard, the person might go to the bathroom more than once or twice each hour. This is usually not caused by the pregnancy condition of the patient but due to DI, which is at times referred to as water diabetes. The condition may at times have symptoms similar to other forms of disease but quite often it is not related. For most pregnant women, the symptoms may entail those making trips to the bathroom at night since they will experience a lot of pressure for which the baby puts on the bladder. However, as one continues having intense thirst, it means that it can turn out to be Gestagenic diabetes for which the symptoms may include dizziness, nausea and weakness.

3. Nondiabetic glycosuria (benign)

This condition usually happens when the patient passes the blood sugar and glucose in the urine. In most cases, the patient's kidney is going to absorb the blood sugar to the blood vessels from the liquid which it passes through. With the condition, the individual's kidneys may not take enough blood sugar out of the patient's urine before it is allowed to pass through the body (Jewell, 2021). The condition usually happens when the patient develops gestational diabetes in times of pregnancy. The condition usually happens when the hormones which come from the baby's placenta will prevent the insulin from the patient's body from being able to control the blood sugar (Jewell, 2021). This might lead to patient's blood sugar to become high at abnormal levels. Based on the patient's symptoms this is the most important diabetes.

Diagnostic tests

- HbA_{1c} determination
- 24-hour urine collection for total protein and creatinine clearance
- Funduscopy examination

Treatment

- Daily 30 minutes of physical activity
- Medications that can help the patient's body use insulin more effectively. (Metformin (Glumetza) to ensure positive response to insulin and Sufonylureas to help body make more insulin.
- Keep track of patient blood sugar levels to ensure that it does not rise to high to cause harm to the child or the mother.
- Check vitals for increased or reduced pressure to ensure that the blood is being pumped at the recommended rates.

References

- Jewell, T. (2021). *Glycosuria: Symptoms, causes, and more*. Healthline. <https://www.healthline.com/health/glycosuria#treatment>
- Mohamed Maged, A. (2020). Treatment of gestational diabetes. *Gestational Diabetes Mellitus - An Overview with Some Recent Advances*. <https://doi.org/10.5772/intechopen.86988>
- Radenkovi, M. (2011). Treatment considerations for gestational diabetes mellitus and long-term postpartum options. *Gestational Diabetes*. <https://doi.org/10.5772/21908>