

Diabetic Ketoacidosis/Diabetic Coma

What is it?

- **DKA**- Diabetic Ketoacidosis- medical emergency, mortality 5 to 15%
- **Alkaline reserves are depleted by**- insulin resistance, inactivity, too much food, infection, fever, stress, trauma, pregnancy

Signs and Symptoms:

- **Preceding Diabetic Coma**- dim vision, nausea, vomiting, polyurea, pruritus, labored/sweet acetone breath, intense thirst, hot/dry/flushed skin, drowsiness, seizures, cramping

Facts:

- **Hyperketonemia from DKA**- metabolic acidosis

What do I need to do?

- **See your Health Care Provider immediately**
 - Frequent monitoring of glucose, prevent shock, replace fluids/electrolytes
- **Type 1 Diabetes**- notify Physician if glucose does not return to normal, insulin adjustment
 - If doesn't decrease, add salty broth or tea
 - Later add fruit juices, high potassium (K+) foods – oranges, bananas, broccoli
- Understand effects of food, insulin exercise, fiber, fluids, electrolytes, stress, meals, snacks, high fat meals, overeating, timing of meals and snacks
- **See a Registered Dietitian or a Food Fitness First™ RD**- online for help with Meal Planning

