**Suggested Answers to Assignments, Chapter 35, The Endocrine System**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Students complete Chapter 35 of *Lippincott Workbook for Nursing Assistants.* | 1–8 |
| Assignment #2. Students’ essays should include the following facts:   * Risk factors for type 2 diabetes include being overweight, obesity, or increasing age * There is an increase in overweight or obese persons in the United States * In the past, it was a disease of “old age” * Now younger people, even children, are developing this disease | 6 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Make a copy of Figure 34-1 in the textbook minus the names of the glands. Provide the groups of students with one copy each. Students will fill in the names of the glands, and will make a list of the hormone(s) secreted by each one.   * Pituitary gland   + ADH   + Oxytocin   + Growth hormone   + TSH   + ACTH   + Prolactin   + FSH   + LH * Pineal gland   + Melatonin * Thyroid   + Thyroxine   + Calcitonin * Parathyroid glands   + PTH   + Calcitriol * Thymus   + Thymosin * Adrenal glands   + Epinephrine   + Norepinephrine   + Glucocorticosteroids   + Mineralocorticoids   + Androgens * Pancreas   + Insulin   + Glucagon * Sex glands | 1, 4 |
| Assignment #2. Students’ discussion should include:   * Diet   + Well-balanced, nutritious diet with limited sweets   + Meals and snacks at regular times during the day   + Must eat the amount of food meant for each meal   + Lifelong habits are hard to change * Exercise   + Muscles use glucose for energy   + Lowers blood glucose levels   + Helps maintain healthy body weight * Medications   + Insulin injections   + Oral   + New injectable medication * Monitoring   + Important to make sure the prescribed treatment is keeping blood glucose levels within a desired range | 7, 8 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Request the patient educator to speak to the class about what is taught to persons with diabetes about how to manage their disorder. Ask the speaker to include:   * Type 1 and type 2 diabetes mellitus * Insulin and oral medications * Monitoring blood glucose levels * Diet * Exercise * Complications of diabetes | 6, 7 |
| Assignment #2. Students will review with you the observations that should be reported to the nurse when caring for a diabetic patient or resident. Students will care for diabetic patients or residents and report these observations immediately to the nurse and to you.   * The person has signs or symptoms of hypoglycemia or hyperglycemia * A person refuses a meal or snack, or only eats part of it * The person has vomited * The person has received gifts of food from visitors * The person is taking food from others * The person’s activity level has changed significantly | 7, 8 |

| Web Assignment | Learning Objectives |
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| Assignment #1. Students can obtain information by entering “endocrine disorders” to locate websites such as:  <http://www.nlm.nih.gov/medlineplus/endocrinediseases.html> | 6, 7 |