

Questions for Every Stage of Your Diabetes Journey

Ever found yourself driving home from a doctor's appointment, remembering all the questions you meant to ask...but forgot? It's a common experience. **This checklist can help you get organized ahead of time**, so you feel prepared for your appointment.



Before your visit, ask yourself...

- How have I been feeling lately?
- Have I experienced any new side effects?
- Has my blood glucose been mostly in range?
- Have I been taking my medicine(s) consistently, at the right time of day?



Receiving a new diagnosis

- Don't hesitate to ask about terms you don't know. For instance: What is A1C?
- What are the potential complications of diabetes, and how should I look out for them?
- What regular tests should I have?
- Do I need to keep track of my blood glucose? If so, what time of day should I check it?



Starting, switching, or adding a medication

- What are the potential risks and benefits of this medication?
- How will I know if a treatment is working?
- What happens if I miss a dose?
- What should I do if I experience side effects?
- Could this new medicine affect other medicines I am taking?



Experiencing new symptoms

- What might be causing these symptoms?
- Could we change my treatment plan to address the cause?
- Could these symptoms be a sign of complications?
- Are there lifestyle changes I could make to help manage my symptoms?



Making healthy lifestyle choices

- Are there any programs that can help build healthy habits?
- Should I see a nutritionist? Is that covered by insurance?
- What should I be doing to take care of my mental health?



Looking for answers about diabetes management? Find helpful info, tools, and resources on [NovoCare.com](https://www.novocare.com).

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Diabetes Education

Minjie Lin



Diabetes Education:

The Diabetes Textbook Joel Rodriguez-Saldana, 2019-06-27 Diabetes has become a worldwide health problem the global estimated prevalence approaches ten percent and the burden of this disease in terms of morbidity and mortality is unprecedented The advances acquired through the knowledge of the mechanisms of the disease and the variety of therapeutic approaches contrast with the inability of private and public health systems in underdeveloped and even developed countries to achieve the goals of treatment This paradox has been described in many sources the surge of scientific advances contrast with an unprecedented amount of human suffering Thus a patient centered and an evidence based approach with the capacity to produce measurable clinical and economic outcomes is required The purpose of this textbook is multiple to offer a comprehensive resource covering all aspects of outpatient management to address diabetes as a health problem from an epidemiological economic and clinical perspective to discuss the role of social determinants of health on the worldwide increase in diabetes to highlight the challenges and obstacles in providing adequate care and to outline a multidisciplinary approach to management in which medical visits retain their importance as part of a team comprising the patient his or her family and a multidisciplinary group of health professionals who are able to move beyond the traditional approach of diabetes as a disease and greatly improve outcomes The Practice of Patient Education Barbara Klug Redman, 2006-06-30 With patients leaving the hospital sicker and more care being done in outpatient settings or at home patients need to become active informed participants on their health care team This one of a kind text provides unique advice to help nurses apply their knowledge and skills to teaching patients in the clinical setting with specific diseases including special populations The book is organized into two basic sections the first describes the theories and process of learning and teaching and the second focuses on the major fields of patient education practice in place today The new case study approach also makes it easy for students to understand how to apply teaching strategies to specific patient types resulting in better informed patients and a more positive teaching learning experience Covers a variety of learning theories and concepts as well as strategies for applying them in patient teaching Uses evidence based patient education practice with extensive citations to the research base Presents key issues in patient education such as literacy use of patient decision aids and multiple patient conditions for which organized patient education should be developed Includes study questions with suggested answers Teaching basics streamlined for use as the main text for a course or as a supplement to any clinically oriented course Includes multiple case examples at every stage of the teaching process which students can use as models to guide their own practice New case study approach provides multiple case examples enabling readers to understand how to apply teaching strategies to specific patient types and settings Now includes significant content in patient self management of chronic conditions the largest growing area of patient education Audiovisual Resources for Diabetes Education ,1984 **A Core Curriculum for Diabetes Education: Diabetes in the life cycle and research** Marion J.

Franz,2003 **Tips for Kids with Type 2 Diabetes** National Diabetes Education Program (U.S.),2010 **Indigenous knowledge and chronic disease prevention among the first people of north america** Nicolette Teufel-Shone,Juliet McMullin,Julie Baldwin,Jamie Wilson,Melinda S. Smith,2023-06-27 *Primary Care - E-Book* Terry Mahan Buttarro,Patricia Polgar-Bailey,Joanne Sandberg-Cook,Karen L. Dick,Justin B. Montgomery,2024-03-02 Selected for Doody s Core Titles 2024 in Advanced Practice There s no better preparation for Nurse Practitioners and other adult primary care practitioners Buttarro s Primary Care Interprofessional Collaborative Practice 7th Edition provides the concise yet thorough information that you need in today s fast paced interprofessional collaborative environment With authorship reflecting both academic and clinical expertise this comprehensive evidence based primary care text reference shows you how to deliver effective truly interdisciplinary health care It covers every major adult disorder seen in the outpatient office setting and features a unique interprofessional collaborative approach with referral and Red Flag highlights and more New to this edition are chapters on health equity public health preparedness endocannabinoids and self care Comprehensive evidence based accurate and current content provides a complete foundation in the primary care of adults for NP students including students in Doctor of Nursing Practice DNP programs and reflects the latest research and national and international guidelines UNIQUE Interprofessional collaborative approach equips you for interprofessional collaborative practice in the contemporary healthcare environment Consistent chapter format and features reflect the systematic approach used in adult primary care practice to promote improved clinical judgment skills facilitate learning and foster quick clinical reference UNIQUE Referral Consultation highlights indicate when the NP should collaborate with or refer to other providers UNIQUE Emergency Referral highlights indicate when the NP should refer the patient for urgent emergent care UNIQUE Red Flag highlights indicate issues not to be missed UNIQUE Initial Diagnostics boxes provide quick reference to key decision making content

National Diabetes Education Program ,1999 **Educating Your Patient with Diabetes** Katie Weinger,Catherine A. Carver,2008-10-22 Diabetes affects an estimated 20 million people in the United States with many people remaining unaware that they suffer from the disease While the number of diabetics continues to rise the number of caregivers who specialize in diabetes treatment does not In Educating Your Patient with Diabetes Katie Weinger and Catherine Carver assemble commentary from a panel of leading diabetes practitioners and researchers and put together a highly readable guide to supplying patients with diabetes with the information and ability to successfully cope with their disease The authors and editors provide substantive data on successful models of diabetes education and the process of educating diabetes sufferers Additional chapters discuss diabetes in pregnancy the challenge of weight and diabetes management in clinical practice and diabetes education in geriatric populations Timely and accessible Educating Your Patient with Diabetes is a must have for all diabetes educators physician assistants nurses and endocrinologists who endeavor to support their patients diabetes self care efforts and help them maximize the opportunities for patient learning **Helping the Student with**

Diabetes Succeed United States. Department of Health and Human Services. National Diabetes Education Program,2003
Goals for Diabetes Education ,1986 **Diabetes Counseling & Education Activities: Helping clients without harping on weight** Megrette Fletcher,2018-02-06 How can health professionals teach diabetes education without getting sucked into the restrictive eating appearance based weight loss trap Diabetes Counseling and Education Activities Helping clients without harping on weight is the culmination of 20 years of teaching experience by a Certified Diabetes Educator Registered Dietitian and Mindful Eating pioneer Motivational Interviewing is the counseling method used throughout this manual to demonstrate how to teach diabetes care by presenting 14 different activities Learn about Embracing a Weight Neutral Approach to Diabetes CareThe Insulin Knife Part 1The Insulin Knife Part 2Thermostat Understanding the Cause of Insulin ResistanceBlood Sugar Rocket How Much Work A Deeper Dive into Diet Food ChoicesUsing Food LabelsHypoglycemia Hunger Fullness with Diabetes What About Weight Inactivity and Exercise ResistanceBlood Sugar Experiments Using the Meter Liver Sponge Explaining Hepatic Glucose Release Emotional Eating and Disordered Eating in Type 2 DiabetesTo make this manual easy to use each of activity is organized in a similar way providing you with why when and how to introduce the activity in the counseling session The learning objective and detailed counseling dialog help you shift to goal planning and documenting the visit [A Core Curriculum for Diabetes Education: Diabetes management therapies](#) Marion J. Franz,2003 **Journal of the American Dietetic Association** ,2000 **National Diabetes Education Program** ,2007 *The Pennsylvania Medical Journal* ,1922 **The Art and Science of Diabetes Care and Education** Susan Cornell,2023-08 The Art and Science of Diabetes Care and Education sixth edition is a comprehensive resource for diabetes care and education specialists nurses nutritionists dietitians and pharmacists Art and Science is the core resource for those preparing for the certified diabetes care and education specialist DCES exam Key topics discussed Evolving role of the DCES ADCES7 Self Care Behaviors diabetes education program management type 1 and type 2 diabetes throughout the lifespan gestational diabetes and pregnancy cardiometabolic conditions diabetes technologies data analysis and pattern management A new appendix Insulin Pump Therapy and Automated Insulin Delivery Systems appears at the back of this edition **Get Smart with Type 2 Diabetes** Amanda Fryer,Helen Jackson,2020-07-27 Self management guide for people with type 2 diabetes or prediabetes to help them stay well and reduce their risk of diabetes complications Contains information on what type 1 and type 2 diabetes are risk factors medications DPP4i s SGLT2i s sulphonylureas GLP1 antagonists insulin types and injection techniques what to do when sick physical activity healthy eating carbohydrates snacks recipes health professionals who can help them alcohol hypoglycaemia and hypo treatment blood tests pathology results explained annual cycle of care health checks blood glucose monitoring and record template stress and diabetes distress damage and complications from elevated blood glucose levels sick day kit checklist template sick day management plan template hypo treatment template GlucaGen Hypo Kit Above 5 to Drive full colour graphics 112 pages DKA diabetic

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