



# The Nurse's Guide to Teaching Diabetes Self-Management

*Rita Girouard, MS, RNC, CNS, DE Mertig*

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As the population of diabetes patients continues to grow, nurses and care-givers must keep up with the daunting task of teaching patients to care for themselves.

In this groundbreaking new guide, Rita Girouard Mertig provides the clinical guidance and expertise nurses need to successfully teach diabetes self-management and compliance to adults, children, and parents.

Ranging from the basics of diabetes to providing the most up-to-date information on drug therapies, everything you need to effectively instruct patients and help them gain control of their diabetes therapy is here. Topics covered include:

- Nutrition management
- Exercise
- Medications
- Glycemic Control
- Continuous Glucose Monitor
- Children with Diabetes and Their Parents
- Adolescents with Diabetes
- Diabetes in Adults with Special Needs
- Diabetes and Mental Illness
- Client Noncompliance

Addressing the most important and current topics necessary for successful self-regulation and maintenance of diabetes, this new innovative desk reference provides a quick guide and instructional tool for nurses and caregivers everywhere.



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