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Nurses' Guide to Teaching Diabetes Self-Management, Second Edition

Rita Girouard Mertig MS RNC CNS DE

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This is an optimistic and empowering approach to the daunting task of teaching diabetes patients to care for themselves. Written by a highly respected diabetes educator who has suffered with diabetes for 25 years, the guide provides the clinical and personal expertise that will help nurses and other health professionals to successfully teach diabetes self-management and compliance to adults, children, adolescents, and parents.

The book contains a vast reservoir of information ranging from a thorough overview of diabetes and the physical and emotional toll of living with the disease to number of teaching and motivating strategies that health care professionals can use to create individualized approaches to teaching self-management skills. The guide provides up-to-date information on drug therapies, nutrition management, exercise, chronic complications, glycemic control, diabetes in children, adolescents, and adults, diabetes in adults with special needs or mental illness, and diabetes noncompliance. Addressing the most important and current topics necessary for successful self-regulation and maintenance of diabetes, this innovative desk reference provides a quick guide and instructional tool for nurses and other health professionals who interact with diabetics.

This new edition provides:

- Clinical guidance and expertise to successfully teach diabetes self-management to adults, adolescents, and children
- The clinical expertise of a leading diabetes educator and the hard-earned personal wisdom of an author who has suffered with diabetes for 25 years
- A new chapter on chronic complications that describes a multitude of helpful new treatments
- A greatly expanded section on nutrition and exercise
- Thoroughly updated chapters
- A "must read" chapter on noncompliance, including why this occurs and how to prevent it

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