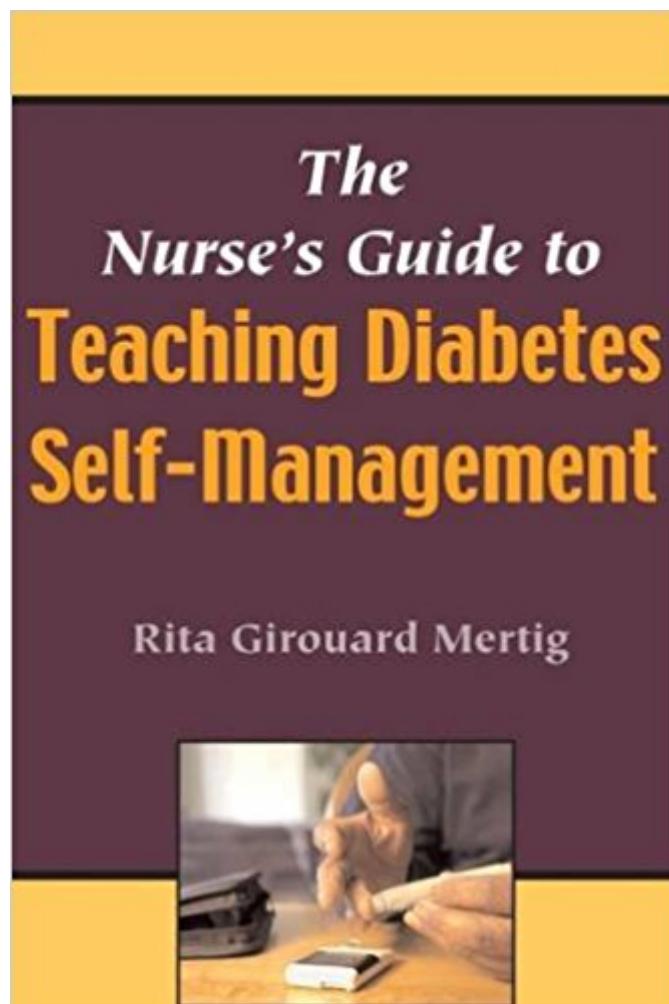


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# The Nurse's Guide To Teaching Diabetes Self-Management



## Synopsis

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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"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

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Rita Girouard Mertig, MS, RNC, CNS, DE has been a registered nurse for 45 years with a Master of Science degree. She has taught nursing in a variety of programs and retired after 21 years from teaching an associate degree nursing program in which she also taught nutrition. She is a clinical nurse specialist and is certified in maternity-newborn nursing. She also is a certified childbirth educator and is a member of the American Association of Diabetes Educators, the Association of Women's Health, Obstetrics and Neonatal Nurses Association, and Sigma Theta Tau. Rita also has had type 1 diabetes for 25 years and has used an insulin pump for 15 years. She currently volunteers at CrossOver Ministries clinic, where she teaches classes and conducts one-on-one sessions on weight management and diabetes management for clients with minimal ability to pay for services. During the 1980s and 90s, Rita led a support group for people with diabetes who were using insulin under the auspices of the American Diabetes Association, Richmond (VA) chapter, has also served on the American Diabetes Association board of directors and received the ADA's, Virginia Affiliate "Diabetes Educator of the Year" award. Diabetes of the Year, 1989. She has previously authored three books, *Teaching Nursing in an Associate Degree Program* (2003) and *The Nurses' Guide to Teaching Diabetes Self-Management*, first edition (2007) both published by Springer Publishing Company and *What Nurses Know . . . Diabetes* (2011) published by Demos Medical Publishing.

This is a great book for people who are just diagnosed with Diabetes or someone who has had Diabetes for a while. My husband has just been diagnosed. I am still reading this. Great. You should be very proud, Jenson Online, of the service you provide to your customers. Thank you.

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