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## Appointment with a nurse in the field of cardiology

**The cardiology nurse teaches the patient and their loved ones to monitor for signs of disease. If necessary, they will also organise outpatient monitoring.**

The following are topics covered during cardiac insufficiency consultations:

- nature of heart failure, fibrillation and myocardial infarction
- treatment principles
- nutritional and lifestyle consultation
- training in self-monitoring and explaining the treatment regimen
- monitoring of blood analyses and adjusting the treatment on the basis of it
- identifying the risk factors of cardiovascular diseases
- developing an individual prevention system
- monitoring medication adherence
- compliance monitoring
- consultation on the installation of a permanent pacemaker

**The appointment will be directed by a cardiologist, specialist doctor or emergency doctor of East Tallinn Central Hospital.**