IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla
Ravi 18, 10138 Tallinn
Rg-kood 10822068
Tel 666 1900
E-post info@itk.ee
www.itk.ee

Appointment with diabetes nurse

Our nurses will give you a thorough overview of what diabetes is and how it can affect your health in the short and long term. We share advice on how **to eat healthy** and **take diabetes medicines correctly to** achieve and maintain stable blood sugar levels.

We will also teach you **to recognise the signs of low blood sugar (hypoglycaemia), to understand** its potential risk factors, and to apply the necessary first aid measures. Our goal is to support you in achieving your treatment goals so that you and your loved ones can cope with diabetes more easily in your daily lives.

In addition, practical skills are taught, such as:

- **checking blood sugar with a glucometer** (if necessary, we will provide the glucometer free of charge) and evaluating the results;
- **the installation of a glucose sensor** (necessary for the patient to bring the sensor), its use and the evaluation of blood sugar readings;
- assessment **of the insulin injection technique** and treatment effectiveness;
- **adjustment of insulin doses** according to different influences (e.g. pregnancy, exercise, diet, illness);
- instructions and use of **insulin pump treatment;**
- **daily care and control of the legs** for the prevention of diabetes complications.

REFERRAL for appointment

- Family physician, medical specialist, advanced practice nurse *(visible on the Health Portal)*
- Referral for a follow-up appointment *(not visible on the Health Portal)*

A paid appointment is possible without a referral.

You can book an appointment:

- Health Portal www.tervisportaal.ee
- by telephone 666 1900 **Mon-Fri 7.30-18.00**
- onsite at the registration desk