Diabetes Mellitus: A Nurse's Guide to Patient Care

This portable, practical guide to diabetes mellitus covers the entire spectrum of disease management wherever health care professionals encounter the disorder, including hospitals, clinics, and physicians’ offices. It contains guidelines for the lifelong management of both acute and chronic complications; behavioral approaches to care; the latest pharmacologic therapies; management plans for patients; diabetes education; and therapeutic lifestyle changes, such as nutrition, exercise, and the latest information on treatment and self-management. The book includes sample meal plans and food exchange lists, such as lean protein, medium-fat protein, and high-fat proteins—all with serving portion sizes.

Publication Year: 2006
Edition: 1st Ed.
Author/Editor: Springhouse
Publisher: Lippincott Williams & Wilkins (LWW)
ISBN: 978-1-582-55732-8
Platform: Ovid
Product Type: Book
Speciality:
- Dictionaries & Word References
- General Interest Nursing
- Medical/Surgical Nursing
- Pathophysiology
- References

Language: English
Pages: 288
Illustrations: 0
Included In:
- Lippincott Williams & Wilkins Classic Book Collection 2018
- Lippincott Williams & Wilkins Nursing Book Collection 2013
- Ovid Nursing Community College Core Book Collection
- Ovid Nursing Community College Extended Book Collection
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