

NURSE CLINIC APPOINTMENTS

Your Doctor (or Nurse Practitioner) works in a team with a Nurse Specialist in Chronic Disease, right here in your medical clinic (or Health Centre). This service helps you and your health care provider to have the information you both need to make good decisions about your care.

You have an opportunity to meet with the nurse and learn more about your chronic condition and how to best manage it.

Initial appointments are usually one hour in length and 1/2 hour follow-up visits are available as needed.

What is a Nurse Specialist in Chronic Disease?

A registered nurse with extra training in Chronic disease including:

- Certified Diabetes Educator,
- Certified Respiratory Educator, and
- Chronic Disease Self-Management.



What is the Chronic Conditions Support Program (CCSP)?

A program to improve care for people with chronic conditions such as Diabetes, Chronic Obstructive Pulmonary Disease (COPD), and those at higher risk for Cardiovascular Disease (heart attacks and strokes).

The program assists doctors, nurses and other health professionals to work together with patients to manage their condition and receive the best possible care.

Who is this service for?

- People with diabetes, Chronic Obstructive Pulmonary Disease (COPD), and/or those at higher risk for cardiovascular disease (heart attacks and strokes)
- People who would like to be screened for diabetes, COPD, and cardiovascular disease
- Support people and/or family members who would like to learn more about how to support the person

What can I expect?

- Learn more about your chronic condition
- Better understand treatment options
- Develop an action plan for self-managing your condition
- Gain support to make health behavior changes



Diabetes

- Screening for diabetes
- Get and review needed tests for monitoring your condition (blood work, eye exams, and urine tests)
- Complete foot care checks and blood pressures
- Learn lifestyle, medication and monitoring options for managing blood sugar

Chronic Obstructive Pulmonary Disease

- Spirometry testing for diagnosis and ongoing monitoring of your condition
- Referral for the Pulmonary Rehabilitation Program
- Review inhaler techniques
- Create a COPD Self-Management Plan
- Learn more about your condition, treatment options, and how to maximize your breathing at all stages of the condition

Cardiovascular Disease Prevention

- Get and review lab tests for assessing your cardiovascular risk score
- Learn about lifestyle approaches, medication options and how to reduce your risk of having a heart attack or stroke
- Learn specifics about how to prevent diabetes

For More Information Please Contact Our Program
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