







Diabetes

2025

Patient Oriented Discharge Summary (PODS)

	I came to the hospital on _____ and left on _____.	
<input type="checkbox"/> I know why I was in the hospital. <input type="checkbox"/> My essential care partner has a copy of this PODS. <input type="checkbox"/> I have a copy of my Patient Priorities and Goals of Care form.		
<div style="display: flex; align-items: center;">  Medications </div>		
<input type="checkbox"/> My list of medications was reviewed with me. <input type="checkbox"/> My approval forms for medication coverage have been submitted. <input type="checkbox"/> My prescriptions were faxed to my pharmacy at: _____ <input type="checkbox"/> My medications from home were returned to me. <input type="checkbox"/> I will ask my primary health care provider (family doctor or nurse practitioner) or my pharmacist if it is safe to use over-the-counter medications or supplements (like vitamins, herbal products).		
Before discharge, I received:		
<div style="display: flex; align-items: center; margin-bottom: 10px;">  <input type="checkbox"/> My morning medications </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <input type="checkbox"/> My midday medications </div> <div style="display: flex; align-items: center;">  <input type="checkbox"/> My evening medications </div>	Notes: _____ _____ _____ _____	
<div style="display: flex; align-items: center;">  While I was in the hospital I received: </div>		
Flu vaccine <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable	COVID vaccine <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable	Pneumonia vaccine <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable
<input type="checkbox"/> After I go home, I will talk to my primary health care provider or to my pharmacist about keeping my vaccines up to date.		
I have:		
<input type="checkbox"/> Type 1 diabetes	<input type="checkbox"/> Type 2 diabetes	<input type="checkbox"/> Diabetes not specified

Diabetes management skills



I learned or reviewed how to:

Check my blood sugar

- ☐ Yes
- ☐ No, I do not have to check my blood sugar at home.

Identify and treat low blood sugar

- ☐ Yes
- ☐ No, I am at low risk for having low blood sugar.

Give myself an injection

- ☐ Yes
- ☐ No, I do not take medication by injection.

Check my ketones (for type 1 diabetes only)

- ☐ Yes
- ☐ No, I do not have to check my ketones at home.

Care at home



Monitoring my blood sugar

- ☐ I know my blood sugar targets.
- ☐ I know when to check my blood sugar.
- **See the Diabetes Zone Tool on page 6 for symptoms of high and low blood sugars and when to see your health care provider.**

If you need help with your diabetes care, contact:

- › Your primary health care provider or VirtualCareNS (see page 4)
- › Your Diabetes Centre (or ask for a referral)
- ☐ I have been referred to a Diabetes Centre.



Feet

- ☐ I check my feet every day for sores.
- ☐ I wear shoes or slippers with closed toes and heels.



Healthy eating tips

- Eat regularly. Try to eat something every 4 to 6 hours.
- Fill your plate with $\frac{1}{2}$ vegetables, $\frac{1}{4}$ protein, and $\frac{1}{4}$ grains or starches.
- Limit pop, juice, sweets, and other high sugar foods.
- For more healthy eating tips, scan the QR code or visit:
 - › <https://library.nshealth.ca/HealthyLiving/healthyeating>



Activity

- Being physically active is good for your health. **If you are newly diagnosed with diabetes or have not been active for some time**, talk to your health care team before starting any exercise program that is more strenuous (harder) than walking.



Home care

- ☐ I have Continuing Care set up for when I go home.
- For more information:
 - › Phone (toll-free): 1-800-225-7225
- Scan the QR code or visit:
 - › www.nshealth.ca/continuing-care



Equipment

- ☐ I have been approved for equipment funding.
- ☐ I have been given a prescription for equipment from the occupational therapist.

Canadian Red Cross – Health Equipment Loans

- › Phone: 902-423-3680
- › www.redcross.ca/in-your-community/nova-scotia/health-equipment-loans



Prevent infection

- **The best way to prevent the spread of infection is to wash your hands often with soap and water or use alcohol-based hand rub.**
- Stay home until you are well.
- Wear a face mask in public places.
- Try to avoid others who are sick.
- Keep your vaccines up to date.



Smoking

- **The best thing you can do for your health is to stop smoking and/or vaping.**
- When you are ready to quit, call 811 for information about resources to help you quit.



Sex

- If you have questions about going back to having sex, talk with your health care provider.










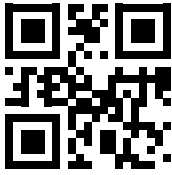






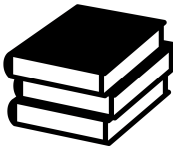
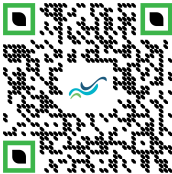
Mental health

- Practice habits to help your mental health (like lowering anxiety and stress) during and after your recovery. For ideas, scan the QR code or visit:
 - › <https://mha.nshealth.ca>

If you are having trouble with your mental health, or alcohol or drug use:

- Mental Health and Addictions Services Intake Service
 - › Phone (toll-free): 1-855-922-1122
- **If it is an emergency, call 911 or go to the nearest Emergency Department right away.**



	Personal Directives in Nova Scotia Have you created and discussed your personal directives and/or advanced care planning for your health goals? Learn more: › https://novascotia.ca/just/pda/	
	Need a Family Practice Registry If you do not have a primary health care provider, you can register to be added to the registry: › https://needafamilypractice.nshealth.ca/ › Phone: 811	
	Being on the Need a Family Practice Registry gives you access to VirtualCareNS . They can prescribe medications, order tests, and refer you to a specialist or in-person care as needed: › www.nshealth.ca/clinics-programs-and-services/virtual-care-ns	
	211 Nova Scotia is a free, confidential information and referral service that can connect you to programs and services, nonprofits, and government departments across Nova Scotia, 24/7: › Phone: 211 › https://211.ca	
	YourHealthNS YourHealthNS is a new app that helps you navigate health information, book services, and discover care options, right from your phone or computer: › https://yourhealthns.ca	
	Where to Go for Healthcare Find information about health care services in your area: › www.nshealth.ca/wheretogoforhealthcare	
	HealthyNS Healthy NS provides free online health and wellness classes for people who live in Nova Scotia. To register for a class, use your Nova Scotia health card at: › www.healthyns.ca	
	Patient Education Find easy to understand and trustworthy health information: › https://library.nshealth.ca/patienteducation	



My appointments:




Who?	Why?	When?	Contact information
Primary health care provider			
Specialist			

Every day:

- It is important to know the symptoms of **low blood sugar**, like:
 - › Feeling shaky or lightheaded
 - › Nausea (upset stomach)
 - › Faster heart rate
 - › Feeling nervous, irritable, or anxious
 - › Sweating, headache
 - › Confusion, not able to concentrate
 - › Weak, drowsy
 - › Hungry
 - › Numbness or tingling of your tongue or lips
- It is important to know the symptoms of **high blood sugar**, like:
 - › More thirst
 - › Blurred vision
 - › More urination (peeing)
 - › Feeling lightheaded
 - › Weight loss
 - › Flushed, hot, dry skin
 - › Fatigue (tiredness)
 - › Feeling restless or drowsy
 - › Having trouble waking up
- **For more information on lows and highs of blood sugar**, scan the QR code or visit:
 - › <https://diabetes.ca/resources/tools---resources/lows-and-highs-of-blood-sugar>



What diabetes zone are you in today?

<p> Green Zone: All clear — This is your goal.</p> <ul style="list-style-type: none"> › Blood sugar between 4.0 and 10.0 mmol/L most of the time, or in your recommended target range <p>or</p> <ul style="list-style-type: none"> › No symptoms of low or high blood sugar, if you do not check your blood sugar (see below) • No open sores, cuts, or scratches on your feet • Usual energy and activity levels • Low or moderate stress levels 	<p>What to do:</p> <ul style="list-style-type: none"> • Keep: <ul style="list-style-type: none"> › taking your prescribed medications. › following the healthy eating tips on page 2. › being as physically active as you can. › checking your feet every day.
<p> Yellow Zone: Caution — This zone is a warning.</p> <ul style="list-style-type: none"> › Average blood sugar levels above 10.0 mmol/L for more than 7 days (1 week) or low blood sugar levels that you cannot explain <p>or</p> <ul style="list-style-type: none"> › Ongoing symptoms of low or high blood sugar, if you do not check your blood sugar (see below) • New numbness, tingling, pain, or cuts/sores in or on your feet • High levels of stress or depression and feeling overwhelmed 	<p>What to do:</p> <ul style="list-style-type: none"> • Call your primary health care provider, Diabetes Centre, or Chronic Disease Management team.
<p> Red Zone: Emergency — This means act fast!</p> <ul style="list-style-type: none"> • Signs of possible diabetic ketoacidosis, like: <ul style="list-style-type: none"> › Blurred vision › Fruity-smelling breath › Stomach pain › Fast, deep breathing <p>This is a medical emergency.</p> <p>If you have type 1 diabetes:</p> <ul style="list-style-type: none"> • Blood sugar level above 14 mmol/L and ketones: <ul style="list-style-type: none"> › In the urine: “medium” to “high” level › In the blood: above 1.5 mmol/L • Blood sugar above 20 mmol/L with nausea, vomiting, and/or stomach pain <p>If you have type 2 diabetes:</p> <ul style="list-style-type: none"> • Blood sugar level above 25 mmol/L with severe (very bad) drowsiness • Blood sugar level below 4 mmol/L after treating it 3 times 	<p>What to do:</p> <ul style="list-style-type: none"> • Call 911 or go to the nearest Emergency Department right away.

☐ *I acknowledge (accept) that Nova Scotia Health cannot be held responsible for the use, disclosure, storage, and destruction of this information once provided to me, my Substitute Decision Maker, or designate. I acknowledge Nova Scotia Health does not retain (keep) a copy of this form within my medical record and cannot be reissued (printed again) if lost.*

Signature (Patient/Family): _____

Health care provider: _____ (RN)

Date (YYYY/MM/DD): _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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