



Diabetes Educator

In Nova Scotia, many regulated healthcare professionals, such as registered nurses, dietitians, and pharmacists, provide specialized support for people living with diabetes. Often called diabetes educators, they have advanced training in diabetes care and work in a variety of settings, including hospitals, clinics, and community programs. In primary health care, they are key members of the care team, working collaboratively to support long-term self-management and person-centred care. Many complete additional certification to become Certified Diabetes Educators (CDEs).

A diabetes educator can:

- ✓ Provide education on diabetes management, including blood sugar monitoring, medication, insulin use, and diabetes technology like insulin pumps and Continuous Glucose Monitors.
- ✓ Support patients in making lifestyle changes, setting goals, and developing self-management strategies to prevent or delay complications.
- ✓ Collaborate with primary care providers and specialists to create individualized care plans.
- ✓ Connect patients with community resources, support programs, and group education sessions.
- ✓ Help patients manage the emotional impact of living with diabetes, including addressing diabetes distress and promoting mental well-being.

